



Cancer Resource Guide 2006

Where to turn for help and support in Utah

Sponsored by Huntsman Cancer Institute and the Utah Cancer Action Network



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Coping with cancer can be overwhelming and challenging. It's important to remember that you are not alone.

There are many sources of help you can turn to. From local support groups where fellow survivors provide understanding and encouragement to national organizations that offer information and financial help, there are many resources available to cancer survivors and their loved ones.

The *Cancer Resource Guide* can help you find these resources.

Brought to you by Huntsman Cancer Institute and the Utah Cancer Action Network, this guide is a directory of support groups, organizations, and programs that provide information and support to those affected by cancer. While most of this guide focuses on resources available in Utah, it also contains information about national organizations that help survivors and families across the country. With few exceptions, all of the resources and services listed in this guide are provided free of charge. *Please note that inclusion in this guide does not imply endorsement by Huntsman Cancer Institute or by the Utah Cancer Action Network.*

We welcome your assistance! We make every effort to include useful resources and to ensure that the information listed is accurate at the time of printing. If you find incorrect information in this guide, or if you know of a service or group that should be included, please let us know. *If you have questions or suggestions or if you would like to request additional copies of our guide, please call the **Huntsman Cancer Information Service** toll free at (888) 424-2100. We can also be reached by e-mail at patient.education@hci.utah.edu.*

American Cancer Society

Great West Division—Salt Lake City Office

941 E 3300 S

Salt Lake City UT 84106

(801) 483-1500

Salt Lake office toll free: (800) 234-0533

National toll free: (800) ACS-2345 (227-2345)

www.cancer.org

The American Cancer Society is a nationwide, community-based, voluntary health organization dedicated to preventing cancer, saving lives, and diminishing the suffering from cancer through research, advocacy, education, and service. They offer assistance for survivors and their loved ones through local support groups, patient services, and Learning and Wellness Centers. *See Utah Support Groups and Programs section for information about specific programs throughout Utah.*

Camp Hobé

PO Box 520755

Salt Lake City UT 84152-0755

(801) 631-2742

www.camphobe.org

Camp Hobé offers a special summer camp experience for cancer patients and their siblings, serving children between 4 and 19 years old from Utah and the Intermountain area (Wyoming, Idaho, and Nevada). Their goal is to create an atmosphere that enhances self-esteem, fosters independence and friendships, and creates a feeling of belonging. Three camp sessions, which provide age-specific activities and supervision, are available each summer.

Cancer Crusaders Organization

PO Box 2076

Provo UT 84603

(801) 863-6351

www.skincancerribbon.org

The Cancer Crusaders Organization, or the Utah Cancer Crusaders, is a nonprofit service corporation aimed at providing effective, specially tailored skin cancer education for Utah's young adult population. They promote the new national Skin Cancer Awareness ribbon, host educational seminars, and advocate for skin cancer awareness and prevention.

Cancer Wellness House

59 S 1100 E

Salt Lake City UT 84102

(801) 236-2294

www.cancer-wellness.org

Cancer Wellness House is a thriving community of hope, learning opportunities, and friendship. Its unique program offers classes, workshops, groups, and social activities all designed to support people whose lives have been affected by cancer. Opportunities include monthly support groups, children's programs, family and friends groups, yoga, massage, meditation, spirituality workshops, complementary care workshops, nutrition classes, book clubs, seasonal parties, and social activities. All programs are free.

Huntsman Cancer Information Service

Huntsman Cancer Institute

University of Utah

2000 Circle of Hope

Salt Lake City UT 84112-5550

(801) 581-6365

Toll free: (888) 424-2100

www.huntsmancancer.org/cancerinformation.jsp

The Huntsman Cancer Information Service provides accurate, up-to-date information about all aspects of cancer, including prevention, screening and early detection, diagnosis, treatment, clinical trials, coping, support groups, and more. Cancer Information Specialists are available to answer questions over the phone and printed materials can be mailed to callers free of charge. Office hours are Monday through Friday from 8 a.m. to 4 p.m. Materials in Spanish are available.

Huntsman Cancer Learning Center

Huntsman Cancer Institute

University of Utah

2000 Circle of Hope

Salt Lake City UT 84112-5550

(801) 585-0605

Toll free: (888) 424-2100

www.huntsmancancer.org/clc

The Huntsman Cancer Learning Center, located on the first floor of Huntsman Cancer Institute, is a free information service and lending

library with more than 3,000 items available for check out. Cancer Information Specialists are available to answer questions and provide individualized help locating cancer information using books, pamphlets, videos, and Internet resources. Arrangements can be made to mail library materials to people living outside the Salt Lake Valley. A list of items available for check out is available online. Office hours are Monday through Friday from 9 a.m. to 5 p.m.; Wednesdays from 9 a.m. to 7 p.m. Materials in Spanish are available.

Huntsman Cancer Learning Center–Provo Branch Central Utah Cancer Center

1055 N 500 W

Provo UT 84604

(801) 374-2367

Toll free: (866) 374-2367

For more information, please call the Huntsman Cancer Information Service toll free: (888) 424-2100

www.cumcmds.com

The Central Utah Cancer Center houses a Provo branch of the Huntsman Cancer Learning Center. This Cancer Learning Center branch is free, open to the public, and offers cancer-related books, videos, pamphlets, and Internet resources. Many of the books are available for check out. The Center is open Monday through Friday from 8 a.m. to 5 p.m.

The Leukemia & Lymphoma Society (The LLS) Utah Chapter

180 S 300 W Ste 260

Salt Lake City UT 84101

(801) 519-6600

Toll free: (877) 243-8908

www.lls.org

The LLS is dedicated to finding cures for leukemia, lymphoma, and myeloma and to improving quality of life for patients and their families. They offer educational programs, support groups, and patient-to-patient visitation via telephone for patients and their families. Their patient financial aid program offers up to \$500 per year for costs associated with transportation, drugs, and treatment for those suffering from blood-related cancers.

Rocky Mountain Candlelighters for Childhood Cancer

124 S 400 E Ste 340
Salt Lake City UT 84111
(801) 487-7844
Toll free: (888) 556-2737
E-mail: info@childhoodcancer.org
www.childhoodcancer.org

Candlelighters provides patient advocacy and education, as well as emotional and practical support, to families who have, or who have had, a child with cancer. This program consists of quarterly newsletters; support groups for children with cancer and their siblings (Kidshops); summer and holiday get-togethers; annual memorial services to honor children who have died; biweekly parent break hours; free and low-cost tickets to entertainment and other community activities; a parent resource room with computers at Primary Children's Medical Center; and New Parent Bags given to families when a child is diagnosed with cancer.

The Susan G. Komen Breast Cancer Foundation Salt Lake City Affiliate

PO Box 522320
Salt Lake City UT 84152-2320
(801) 446-2980
www.komenslc.org

The Salt Lake City Affiliate of the Susan G. Komen Breast Cancer Foundation is dedicated to raising funds to support existing and developing programs for breast cancer education, screening, and treatment within Utah, and to facilitate delivery and efficient use of these programs. Funds are raised through various activities, including the annual Race for the Cure.

Utah Breast Cancer Taskforce

PO Box 521618
Salt Lake City UT 84152-1618
(801) 296-7177
Toll free: (800) 717-1811
www.utahbreastcancertaskforce.com

The Utah Breast Cancer Taskforce is a group of caring Utahns interested in decreasing the burden of breast cancer by increasing awareness, education, and access to screening, treatment, and support. Members of the Breast Cancer Taskforce are united in an effort to enhance the quality of life for people diagnosed with breast cancer through emotional, physical, and financial support. Additionally, this group offers financial assistance to enhance the quality of life for breast cancer survivors.

Utah Cancer Action Network (UCAN)

Utah Department of Health

288 N 1460 W

PO Box 142107

Salt Lake City UT 84114-2107

Toll free: (888) 222-2542

www.ucan.cc

The mission of UCAN is to reduce cancer incidence and mortality in Utah through collaborative efforts that provide services and programs directed toward comprehensive cancer prevention and control. These efforts include prevention, early detection, treatment, rehabilitation, and palliation. UCAN offers a website, a toll-free hotline, educational materials, and a speaker's bureau.

Utah Cancer Control Program (UCCP)

Utah Department of Health

288 N 1460 W

PO Box 142107

Salt Lake City UT 84114-2107

(801) 538-6157

Toll free: (800) 717-1811

www.utahcancer.org

The UCCP, in partnership with other agencies and organizations, works to improve the rate of early detection, follow-up, and treatment of breast and cervical cancers when they are most amenable to treatment and cure. The UCCP also promotes a statewide comprehensive cancer control initiative, Utah Cancer Action Network (UCAN).

ALL CANCERS

STATEWIDE

Reel Recovery

www.reelrecovery.org

Meets: Retreats are organized in Utah once or twice a year. Please call for more information.

Purpose: Reel Recovery is a retreat program for men with life-threatening cancer. These retreats combine fly-fishing instruction with the opportunity for men to share their experiences and gain support from others fighting cancer. Retreats are free, but limited to 12 participants.

Contact: Reel Recovery at (800) 699-4490.

BOUNTIFUL

Chemotherapy Class

Sponsored by the Utah Cancer Foundation
**Utah Cancer Specialists Lakeview Hospital
 Campus**

520 E Medical Dr Ste 340
 Bountiful UT 84010

Meets: Classes are offered as needed. Please call for more information.

Purpose: To provide patients and caregivers with the information needed to have a successful experience throughout treatment. Participants will learn about specific drugs and their side effects, as well as how to manage side effects.

Contact: Utah Cancer Specialists Lakeview Campus at (801) 296-6665.

CLEARFIELD

I Can Cope Cancer Support Group

Sponsored by the American Cancer Society

Rocky Mountain Care Center

1450 S 1500 E

Clearfield UT 84015

Meets: Second Tuesday of every month.

Purpose: General cancer support and education. Registration is required. Free.

Contact: American Cancer Society at (801) 483-1500 or toll free at (800) 227-2345 (national number) for details.

LAYTON

Chemotherapy Class

Sponsored by the Utah Cancer Foundation

Utah Cancer Specialists Davis Hospital Campus

1492 W Antelope Dr Ste 125

Layton UT 84041

Meets: Thursdays at 5 p.m. Please call to register.

Purpose: To provide patients and caregivers with the information needed to have a successful experience throughout treatment. Participants will learn about specific drugs and their side effects, as well as how to manage side effects.

Contact: Utah Cancer Specialists Davis Campus at (801) 525-3022.

ALL CANCERS, *continued*

MURRAY

Chemotherapy Class

Sponsored by the Utah Cancer Foundation
Utah Cancer Specialists Cottonwood Hospital
Campus
 5770 S 250 E Ste 135
 Murray UT 84107

Meets: Tuesdays at 6 p.m. Please call to register.

Purpose: To provide patients and caregivers with the information needed to have a successful experience throughout treatment. Participants will learn about specific drugs and their side effects, as well as how to manage side effects.

Contact: Utah Cancer Specialists Cottonwood Campus at (801) 263-3416.

PRICE

Women's Cancer Support Group

Sponsored by the American Cancer Society
Castleview Hospital
 300 N Hospital Dr
 Price UT 84501

Meets: Third Wednesday of each month at 7 p.m.

Purpose: To help women diagnosed with breast and other cancers. Free.

Contact: American Cancer Society toll free at (800) 234-0533 or toll free at (800) 227-2345 (national number).

PROVO

Empowering Cancer Patients—Cancer Patient and Caregiver Educational Series

Central Utah Cancer Center
 1055 N 500 W
 Provo UT 84604

- Meets:** Tuesdays from 4 to 5 p.m. in the Radiation Oncology conference room. Please call for meeting dates.
- Purpose:** To provide information and support to cancer patients and their loved ones. Each session covers a different topic, including treatment, community resources, nutrition, and grief. This is a nine-week series the runs three times a year. All sessions are free. Additional groups may meet as needed. Please call for more information.
- Contact:** Annette Nielsen at (801) 429-8066.

Chemotherapy Class

Sponsored by the Utah Cancer Foundation
Utah Cancer Specialists
Utah Valley Regional Medical Center Campus
 1034 N 500 W
 Provo UT 84604

- Meets:** Wednesdays at 5 p.m. Please call to register.
- Purpose:** To provide patients and caregivers with the information needed to have a successful experience throughout treatment. Participants will learn about specific drugs and their side effects, as well as how to manage side effects.
- Contact:** Utah Cancer Specialists Utah Valley Campus at (801) 357-8200.

Women's Cancer Support Group

Sponsored by the American Cancer Society
Utah Valley Regional Medical Center
 1034 N 500 W
 Provo UT 84604

- Meets:** Please call for dates and times.
- Purpose:** General support for women cancer survivors. Free.
- Contact:** American Cancer Society toll free at (800) 234-0533 or toll free at (800) 227-2345 (national number).

ALL CANCERS, *continued*

SALT LAKE CITY

Advanced Illness Support Group

St. Mark's Hospital
1200 E 3900 S
Salt Lake City UT 84124

Meets: Please call for meeting times and dates.

Purpose: To provide information and support to those faced with advanced, life-threatening disease. This is a six-week, closed course. Registration is required.

Contact: Carol Lee at (801) 268-7141.

Cancer Wellness House Family Groups

Cancer Wellness House
59 S 1100 E
Salt Lake City UT 84102

Meets: Quarterly or monthly. Please call for dates and times.

Purpose: Activities for families touched by cancer that are designed to encourage peer support between children, teens, parents, and grandparents who are dealing with the fears and uncertainties of a cancer diagnosis. Free.

Contact: Cancer Wellness House Programs at (801) 236-2294, ext. 11.

Chemotherapy Class

Sponsored by the Utah Cancer Foundation
Utah Cancer Specialists Cancer Center
3838 S 700 E Ste 100
Salt Lake City UT 84106

Meets: Tuesdays at 9 a.m., Wednesdays at 5:30 p.m., and Thursdays at 5:30 p.m. Please call to register.

Purpose: To provide patients and caregivers with the information needed to have a successful experience

throughout treatment. Participants will learn about specific drugs and their side effects, as well as how to manage side effects.

Contact: Utah Cancer Specialists Cancer Center at (801) 269-0231.

Living Well with Cancer

Huntsman Cancer Institute
University of Utah
2000 Circle of Hope
Salt Lake City UT 84112-5550

Meets: Tuesdays from 3 to 4:30 p.m. in the fourth floor conference room.

Purpose: This is a person-to-person support group that tends to the emotional, mental, spiritual, and social well-being of cancer patients. Free.

Contact: Michele Dabrowski, LCSW, at (801) 585-0212.

Men's Support Group

Sponsored by the Utah Cancer Foundation
Utah Cancer Specialists Cancer Center
3838 S 700 E Ste 100
Salt Lake City UT 84106

Meets: Second Wednesday of each month at 5 p.m. Please call to register.

Purpose: Support group for men with cancer. Some meetings include activities or speakers. Often the sessions simply give participants the opportunity to visit with other men in a similar situation, to share experiences, triumphs, questions, feelings, and friendship. The group is open and men can join at any time.

Contact: Kathleen at (801) 281-6873.

ALL CANCERS, *continued*

SALT LAKE CITY, *continued*

Parent Network

Cancer Wellness House

59 S 1100 E

Salt Lake City UT 84102

Meets: Monthly. Please call to register.

Purpose: For parents and grandparents who are surviving cancer. This group discusses how to communicate with young children and teens about cancer. Topics include role changes, emotional and behavioral reactions of children and teens, and transitions into treatment remission and/or terminal care in the family. Facilitated by child life specialists. Free.

Contact: Cancer Wellness House Program Office at (801) 236-2294, ext.11.

Wellness Groups

Cancer Wellness House

59 S 1100 E

Salt Lake City Utah 84102

Meets: Weekly. Please call for more information.

Purpose: Support groups led by licensed social workers for adults who have been diagnosed with cancer. Involves a 10-week commitment. Excellent support from peers and facilitators in the comfortable, warm atmosphere of the Cancer Wellness House. Free.

Contact: Cancer Wellness House Program Office at (801) 236-2294, ext. 11.

Young Adult Network

Cancer Wellness House

59 S 1100 E

Salt Lake City UT 84102

Meets: Please call for times and locations. Registration is required.

Purpose: Monthly social activities for people ages 18 to 30 whose lives have been affected by cancer. This network is designed to be a resource for participants to meet people who understand what it is like to have cancer, to express feelings, to solve problems, to find emotional support, and to learn about themselves. Free.

Contact: Cancer Wellness House Program Office at (801) 236-2294, ext. 11.

YourStory

Huntsman Cancer Institute

University of Utah
2000 Circle of Hope
Salt Lake City UT 84112-5550

Meets: By appointment. Recording sessions are usually done at Huntsman Cancer Institute, but arrangements can be made to do recordings at home or in the hospital.

Purpose: YourStory is a free service available to cancer patients and their families. It provides the opportunity for individuals to record and preserve their life stories as a lasting legacy. Trained staff assists patients in recalling and telling their life stories and each session is recorded on a free, professional-quality CD.

Contact: Huntsman Cancer Information Service at (801) 581-6365 or toll free at (888) 424-2100

ST GEORGE

General Cancer Support Group

Sponsored by the American Cancer Society

Dixie Regional Medical Center

544 S 400 E
St George UT 84770

Meets: Mondays from noon to 1 p.m. Please call for more information.

Purpose: General cancer support group. Free.

Contact: Mary at (435) 688-4167; the American Cancer Society toll free at (800) 234-0533 or toll free at (800) 227-2345 (national number).

BRAIN TUMORS

SALT LAKE CITY

Brain Tumor Support Group

Cancer Wellness House

59 S 1100 E

Salt Lake City UT 84102

Meets: Monthly. Please call to register.

Purpose: Educational support network addressing the needs and issues of individuals experiencing brain cancer. Family members and friends are encouraged to attend. Facilitated by John Conlee, PhD, LCSW. Free.

Contact: Cancer Wellness House Program Office at (801) 236-2294, ext. 11.

BREAST CANCER

STATEWIDE

Reach to Recovery

American Cancer Society

Meets: Call to arrange a personal or phone visit and to find a support group near you.

Purpose: Reach to Recovery visitors provide peer support and information to women who have been diagnosed with breast cancer. Reach to Recovery helps breast cancer patients meet the emotional, physical, and cosmetic needs related to their disease and its treatment. Free.

Contact: American Cancer Society at (801) 483-1500; toll free at (800) 234-0533; or toll free at (800) 227-2345 (national number).

MURRAY

Cottonwood Hospital Breast Cancer Support Group

Cottonwood Hospital

5770 S 300 E

Murray UT 84107

Meets: Every other Tuesday from 6 to 7:30 p.m. in the Women's Center conference room.

Purpose: This group is free of charge, open-ended (women can start attending at any time), and ongoing. It provides a supportive, caring environment for women coping with breast cancer. The group includes education as well as opportunities to share experiences.

Contact: Gayle Wyner, CSW, at (801) 314-2963.

OGDEN

Breast Cancer Support Group

Sponsored by the American Cancer Society

Ogden Regional Medical Center

5475 S 500 E

Ogden UT 84405

Meets: Fourth Thursday of each month from 7 to 8:30 p.m. in the Oak Room.

Purpose: To help women diagnosed with breast cancer meet their emotional, physical, and cosmetic needs related to the disease and its treatment. Free.

Contact: American Cancer Society at (801) 483-1500 or toll free at (800) 227-2345 (national number).

BREAST CANCER, continued

PARK CITY

Image Reborn

Image Reborn Foundation
www.imagerebornfoundation.org

Meets: Please call for retreat dates.

Purpose: Extended weekend retreats located in the peaceful mountain setting of Park City. These retreats provide a healing environment in which women with breast cancer are encouraged to reclaim their sense of personal power to strengthen them in their journey toward healing and living fully. The program includes professional group counseling, nutrition, yoga, guided imagery/meditation, art, massage, light hikes/snow-shoeing, rejuvenation, and relaxation time. Free.

Contact: Donna Creighton at (435) 658-1715.

PRICE

Women's Cancer Support Group

Sponsored by the American Cancer Society
Castlevew Hospital
 300 N Hospital Dr
 Price UT 84501

Meets: Third Wednesday of each month at 7 p.m.

Purpose: To help women diagnosed with breast and other cancers. Free.

Contact: American Cancer Society toll free at (800) 234-0533 or toll free at (800) 227-2345 (national number).

PROVO

Women's Cancer Support Group

Sponsored by the American Cancer Society
Utah Valley Regional Medical Center
 1034 N 500 W
 Provo UT 84604

- Meets:** Please call for dates and times.
- Purpose:** General support for women cancer survivors. Free.
- Contact:** American Cancer Society toll free at (800) 234-0533 or toll free at (800) 227-2345 (national number).

SALT LAKE CITY

Hispanic Breast Cancer Support Group
"TRIUNFADORAS"

Sponsored by Alliance Community Services
American Cancer Society
 941 E 3300 S
 Salt Lake City UT 84106

- Meets:** Second Tuesday of every month from 6 to 8 p.m.
- Purpose:** A Spanish language support group for Hispanic women that offers participants the opportunity to share their experiences and feelings associated with breast cancer. Women can communicate in a common language from the perspective of a common culture; they can also share and deal with issues important and unique for Hispanic women such as norms about sexuality, family coping mechanisms, and self-image.
- Contact:** Sara Carbajal Salisbury at (801) 359-8922.

BREAST CANCER, continued

SALT LAKE CITY, continued

LDS Hospital Breast Cancer Support Group

LDS Hospital
8th Ave and C St
Salt Lake City UT 84143

Meets: Please call for meeting times and dates.

Purpose: Free of charge, open-ended (can attend at any time), and ongoing, the group provides a supportive, caring environment for women with breast cancer. Includes education and opportunities to share experiences.

Contact: Gayle Wyner, CSW, at (801) 314-2963.

Staying Abreast Support Group

American Cancer Society
941 E 3300 S
Salt Lake City UT 84106

Meets: Please call for meeting times and dates.

Purpose: To offer support by providing speakers and topics of interest to people dealing with breast cancer. Includes a forum to talk with other survivors.

Contact: American Cancer Society at (801) 483-1500 or toll free at (800) 227-2345 (national number).

ST GEORGE

Breast Cancer Support Group

Sponsored by Dixie Regional Medical Center
Knight Education Center
616 S 300 E
St George UT 84770

Meets: First Friday of each month from 5 to 6 p.m.

Purpose: A group designed to give support to women of Southern Utah who have been diagnosed with breast cancer. Loved ones are welcome to attend.

Contact: Carol Mortenson at (435) 673-6078.

CHILDHOOD CANCER

STATEWIDE

Kaleidoscope Kids

Community Nursing Services
www.cnsvna.org

Purpose: This is a specialized children's program provided by Community Nursing Services for chronically or terminally ill children and their families. In-home services that address the physical and psychological needs of the child and of the family are provided.

Contact: Community Nursing Services at (801) 233-6100.

Ticket-Line

Rocky Mountain Candlelighters for Childhood Cancer

Purpose: This program provides childhood cancer patients and their families free or low-cost tickets to recreation, entertainment, and other community activities along Utah's Wasatch Front. These tickets are offered through individual requests and group outings. Tickets are available upon request and per event.

Contact: Candlelighters at (801) 487-7844, toll free at (888) 556-2737, or at info@childhoodcancer.org.

DAVIS and WEBER COUNTIES

Kidshops

Rocky Mountain Candlelighters for Childhood Cancer

Meets: Monthly. Please call for meeting times and locations.

Purpose: A support group for children with cancer and their siblings. This group helps children cope with diagnosis and treatment and provides peer support. Free.

Contact: Candlelighters at (801) 487-7844, toll free at (888) 556-2737, or at info@childhoodcancer.org.

CHILDHOOD CANCER, continued

SALT LAKE CITY

Camp Hobé

- Meets:** Three camp sessions are available; please call for dates and times.
- Purpose:** Camp Hobé is a special summer camp experience for children with cancer and their siblings. Camp Hobé nurtures both body and soul, providing fun-filled activities in a medically supervised environment. The program is available to children at all stages of cancer treatment, from newly diagnosed to palliative care. Nominal registration fees of \$10 for day camp and \$25 for kids' camp and teen camp are charged; a limited number of fee waivers are available.
- Contact:** Camp Hobé at (801) 631-2742.

C.R.E.W. (Courageous, Reassuring, Enthusiastic Winners) Teen Support Group

Sponsored by Huntsman Cancer Institute Center for Children and Primary Children's Medical Center

- Meets:** Once a month. Date and time vary. Please call for details.
- Purpose:** This group offers compassion and support for teens who have been diagnosed with cancer. Teens in treatment and off treatment meet to have fun and connect with others in a similar situation. Free.
- Contact:** Cathy Haskins at (801) 588-3606.

Kidshops

Rocky Mountain Candlelighters for Childhood Cancer

- Meets:** Monthly. Please call for meeting times and locations.

Purpose: A support group for children with cancer and their siblings. This group helps children cope with their diagnosis and treatment and provides peer support. Free.

Contact: Candlelighters at (801) 487-7844, toll free at (888) 556-2737, or at info@childhoodcancer.org.

UTAH COUNTY

Kidshops

Rocky Mountain Candlelighters for Childhood Cancer

Meets: Monthly. Please call for meeting times and locations.

Purpose: A support group for children with cancer and their siblings. This group helps children cope with their diagnosis and treatment and provides peer support. Free.

Contact: Candlelighters at (801) 487-7844, toll free at (888) 556-2737, or at info@childhoodcancer.org.

COLON AND RECTAL CANCER

SALT LAKE CITY

Colon Cancer Support Group

Cancer Wellness House

59 S 1100 E
Salt Lake City UT 84102

Meets: Monthly. Please call to register.

Purpose: Educational support group addressing the needs of individuals with colon cancer. Family members and friends are welcome and are encouraged to attend. Facilitated by Valerie Lamber, LCSW. Free.

Contact: Cancer Wellness House Programs at (801) 236-2294, ext.11.

COLON AND RECTAL CANCER, continued

SALT LAKE CITY, continued

Voices of Salt Lake City

Colon Cancer Alliance
www.CCAlliance.org

Purpose: New to Utah, the Voices chapter campaign is a nationwide initiative to reach individuals in local communities to provide support, spread awareness, and raise funds for colorectal cancer research and education. Please call for more information about the specific activities of Voices of Salt Lake City.

Contact: Jim McClurg, chapter coordinator, toll free at (888) 716-9928 or jmcclurg@ccalliance.org; or call the Colon Cancer Alliance toll free at (877) 422-2030.

FOR FAMILY AND FRIENDS

STATEWIDE

Aging and Adult Services

www.hsdaas.utah.gov
www.utahagingservices.org

Purpose: Aging and Adult Services departments throughout the state of Utah provide a number of resources, including information, assistance, counseling, training, support groups, respite services, and equipment to family members caring for a frail spouse or relative.

Contact: Your local government or health department office or the Utah Division of Aging and Adult Services toll free at (877) 4-AGING (424-4640). A listing of each division office and services offered is available at www.utahagingservices.org.

Utah Coalition for Caregiver Support

Purpose: Provides online fact sheets, resource listings, and links to community services for caregivers in Utah.

Contact: www.caregivers.utah.gov

DAVIS and WEBER COUNTIES

Kidshops

Rocky Mountain Candlelighters for Childhood Cancer

Meets: Monthly. Please call for meeting times and locations.

Purpose: A support group for children with cancer and their siblings. This group helps children cope with their diagnosis and treatment and provides peer support. Free.

Contact: Candlelighters at (801) 487-7844, toll free at (888) 556-2737, or at info@childhoodcancer.org.

OGDEN

Caregiver Support Group

Rest Easy Adult Day Care

1053 23rd St

Ogden UT 84401

Meets: Please call for meeting times and dates.

Purpose: This general support group for caregivers meets to hear guest speakers and participate in open discussion.

Contact: Laurel at (801) 612-0872 or at (801) 941-3615.

SALT LAKE CITY

Camp Hobé

Meets: Three camp sessions are available. Please call for dates and times.

Purpose: Camp Hobé is a special summer camp experience for children with cancer and their siblings. Camp Hobé nurtures both body and soul, providing fun-filled activities in a medically supervised environment. Nominal registration fees of \$10 for day camp and \$25 for kids' camp and teen camp are charged; a limited number of fee waivers are available.

Contact: Camp Hobé at (801) 631-2742.

FOR FAMILY AND FRIENDS, *continued*

SALT LAKE CITY, *continued*

Cancer Wellness House Family Groups

Cancer Wellness House

59 S 1100 E

Salt Lake City UT 84102

Meets: Quarterly or monthly. Please call for dates and times.

Purpose: Monthly activities for families touched by cancer that are designed to encourage peer support between children, teens, parents, and grandparents who are dealing with the fears and uncertainties of a cancer diagnosis. Free.

Contact: Cancer Wellness House Programs at (801) 236-2294, ext. 11.

Caregivers Support Group

Cancer Wellness House

59 S 1100 E

Salt Lake City UT 84102

Meets: Monthly. Please call to register.

Purpose: Support group for adults whose loved one is living with a cancer diagnosis. Topics addressed include symptom management, relaxation, stress management, common emotions, and practical tips for caregivers and friends. Facilitated by licensed social workers. Free.

Contact: Cancer Wellness House Program Office at (801) 236-2294, ext.11.

Careproviders Support Group

Huntsman Cancer Institute

University of Utah

2000 Circle of Hope

Salt Lake City UT 84112-5550

Meets: Wednesdays from 3 to 4:30 p.m. in the third floor conference room.

Purpose: The Careproviders Support Group is an open-ended, person-to-person support group for individuals caring for a loved one diagnosed with cancer. It offers support, education, and information with an emphasis on personal well-being. It also allows individuals to strengthen coping skills and talk with others about their experiences. Free.

Contact: Michele Dabrowski, LCSW, at (801) 585-0212.

Kids Club

Cancer Wellness House

59 S 1100 E
Salt Lake City UT 84102

Meets: Weekly. Pre-registration is required. Please call to register.

Purpose: Eight-week session for children ages 5 to 12 whose parent or grandparent has cancer. This program includes a one-day retreat, weekly support groups, and parent orientation and support. Licensed clinical social workers and child life specialists create a fun and understanding environment to help cope with the changes involved when a family member has cancer. Free.

Contact: Cancer Wellness House Program Office at (801) 236-2294, ext. 11.

Kidshops

Rocky Mountain Candlelighters for Childhood Cancer

Meets: Monthly. Please call for meeting times and locations.

Purpose: A support group for children with cancer and their siblings. This group helps children cope with their diagnosis and treatment and provides peer support. Free.

Contact: Candlelighters at (801) 487-7844, toll free at (888) 556-2737, or at info@childhoodcancer.org.

FOR FAMILY AND FRIENDS, *continued*

SALT LAKE CITY, *continued*

Parent Support Group

*Sponsored by Rocky Mountain Candlelighters for
Childhood Cancer*

Primary Children's Medical Center

100 N Medical Dr

Salt Lake City UT 84113-1100

Meets: Tuesdays and Fridays from 2 to 3 p.m.

Purpose: This group offers compassion and support for parents who currently have a child with cancer. A Candlelighters parent support coordinator runs this program and offers crafts and snacks.

Contact: Candlelighters at (801) 487-7844, toll free at (888) 556-2737, or at info@childhoodcancer.org.

Support Group for Children Whose Lives are Touched by a Loved One with Cancer

Huntsman Cancer Institute

University of Utah

2000 Circle of Hope

Salt Lake City UT 84112-5550

Meets: In the fourth floor conference room. A pre-interview is required. Please call for more information.

Purpose: Designed for children ages 6 to 12, this group focuses on strengthening coping skills, providing an opportunity for children to talk about feelings and experiences, and offering support and counseling. Includes educational session, craft activities, and snacks. Free.

Contact: Michele Dabrowski, LCSW, at (801) 585-0212.

Teen Club

Cancer Wellness House

59 S 1100 E

Salt Lake City UT 84102

- Meets:** Monthly. Please call to register.
- Purpose:** Networking group for teens ages 13 to 18 whose parent or grandparent has cancer. Groups meet for a different, fun activity each month at either the Cancer Wellness House or an offsite recreational center. Facilitated by licensed clinical social workers and child life specialists. Free.
- Contact:** Cancer Wellness House Programs at (801) 236-2294, ext. 11.

UTAH COUNTY

Kidshops

Rocky Mountain Candlelighters for Childhood Cancer

- Meets:** Monthly. Please call for meeting times and locations.
- Purpose:** A support group for children with cancer and their siblings. This group helps children cope with their diagnosis and treatment and provides peer support. Free.
- Contact:** Candlelighters at (801) 487-7844, toll free at (888) 556-2737, or at info@childhoodcancer.org.

GYNECOLOGIC CANCERS

PRICE

Women's Cancer Support Group

Sponsored by the American Cancer Society
Castleview Hospital
 300 N Hospital Dr
 Price UT 84501

- Meets:** Third Wednesday of each month at 7 p.m.
- Purpose:** To help women diagnosed with breast and other cancers. Free.
- Contact:** American Cancer Society toll free at (800) 234-0533 or toll free at (800) 227-2345 (national number).

GYNECOLOGIC CANCERS, *continued*

PROVO

Women's Cancer Support Group

Sponsored by the American Cancer Society

Utah Valley Regional Medical Center

1034 N 500 W

Provo UT 84604

Meets: Please call for dates and times.

Purpose: General support for female cancer survivors. Free.

Contact: American Cancer Society toll free at (800) 234-0533 or toll free at (800) 227-2345 (national number).

SALT LAKE CITY

Woman to Woman Gynecological Cancer Group

Huntsman Cancer Institute

University of Utah

2000 Circle of Hope

Salt Lake City UT 84112-5550

www.woman2woman.org

Meets: First Wednesday of each month from 5 to 6:30 p.m. in the fourth floor conference room.

Purpose: A psycho-educational support group for women dealing with gynecological disease.

Contact: Lynne Carlquist, LCSW, or Denise Gitlin, APRN, at (801) 587-9208.

HEREDITARY CANCERS

SALT LAKE CITY

Hereditary Cancers Education Session

Sponsored by Huntsman Cancer Institute

Cancer Wellness House

59 S 1100 E

Salt Lake City UT 84102

- Meets:* First Wednesday of each month at 5:30 p.m. Please call to register.
- Purpose:* A free educational session for people concerned about a family history of cancer or people diagnosed with cancer who have questions about genetic testing.
- Contact:* Family Cancer Assessment Clinic at (801) 587-9555.

LEUKEMIA, LYMPHOMA, AND MYELOMA

STATEWIDE

First Connections

The Leukemia & Lymphoma Society Utah Chapter

- Meets:* Please call to arrange.
- Purpose:* A free patient-to-patient telephone visitation program that uses a large national database to link patients and family members with a trained volunteer of similar age, life situation, and diagnosis. The volunteer calls one or two times to provide support and encouragement. An Internet chat line is also available at www.lls.org.
- Contact:* Patient Services at (801) 519-6600, ext. 15 or toll free at (877) 243-8908.

Support Groups

The Leukemia & Lymphoma Society Utah Chapter

- Meets:* Please call for more information.
- Purpose:* Groups open to any patient, family member, or friend who has been affected by a diagnosis of leukemia, lymphoma, or myeloma. Free.
- Contact:* Patient Services at (801) 519-6600, ext. 15 or toll free at (877) 243-8908.

LEUKEMIA, LYMPHOMA, AND MYELOMA, cont'd

SALT LAKE CITY

Leukemia & Lymphoma Family Support Group

*Sponsored by The Leukemia & Lymphoma Society
and Huntsman Cancer Institute*

Cancer Wellness House

59 S 1100 E

Salt Lake City UT 84102

Meets: Second Tuesday of each month. Registration is required. Please call for details.

Purpose: This support group for patients with leukemia, lymphoma, and myeloma and their loved ones provides information about a variety of topics and allows participants to offer each other support and understanding. Social workers Lynne Carlquist, LCSW and Ginny Quinn, LCSW from Huntsman Cancer Institute and University of Utah Hospital facilitate the group. Free.

Contact: Leukemia & Lymphoma Society Patient Services at (801) 519-6600, ext. 15 or toll free at (877) 243-8908.

MELANOMA

SALT LAKE CITY

Melanoma Network

Cancer Wellness House

59 S 1100 E

Salt Lake City UT 84102

Meets: Second Tuesday of each month from 5:30 to 6:30 p.m. Please call to register.

Purpose: An educational support network addressing the needs and issues of individuals with melanoma and other skin cancers. Family members and friends are encouraged to attend. Registration is required. Free.

Contact: Cancer Wellness House Program Office at (801) 236-2294, ext. 11.

PANCREATIC CANCER

SALT LAKE CITY

PanCAN Team Hope Utah

- Meets:* Please call for more information.
- Purpose:* PanCAN's Team Hope program increases awareness, educates communities, and raises vital funds for pancreatic cancer through community-based volunteer activities and events.
- Contact:* Margie Simmons at (801) 280-2949.

PROSTATE CANCER

STATEWIDE

Man to Man

American Cancer Society

- Meets:* Please call to arrange a personal or phone visit and to find a support group near you.
- Purpose:* Man to Man visitors provide peer support and information to men who have been diagnosed with prostate cancer. Man to Man helps prostate cancer patients meet the emotional and physical challenges related to their disease and its treatment. Free.
- Contact:* American Cancer Society at (801) 483-1500, toll free at (800) 234-0533, or toll free at (800) 227-2345 (national number).

RIVERTON

Us TOO Salt Lake City

Riverton Library
12860 S Redwood Rd
Riverton UT 84065

- Meets:* Second Wednesday of each month at 7 p.m. in the Riverton Library meeting room.
- Purpose:* Support group for men living with prostate cancer.
- Contact:* Karen Johnson at (801) 674-9112.

PROSTATE CANCER, continued

SALT LAKE CITY

Man to Man

American Cancer Society

941 E 3300 S

Salt Lake City UT 84106

Meets: First Wednesday of each month at 7 p.m.

Purpose: To educate and support men facing prostate cancer by providing them with an opportunity to talk openly with each other and with health care professionals about their disease and related concerns. Partners are invited. This program also offers telephone support, monthly newsletters, and a workplace educational speaker. Free.

Contact: American Cancer Society at (801) 483-1500 or toll free at (800) 227-2345 (national number).

Prostate Cancer Support Group for Patients and Spouses

Cancer Wellness House

59 S 1100 E

Salt Lake City UT 84102

Meets: Weekly. Please call for details.

Purpose: Support group for prostate cancer patients and their spouses to increase understanding of diagnosis and treatment, diminish fears associated with treatment, encourage spousal communications about side effects and intimacy, and reinforce the concept that individuals can and do live well with prostate cancer. Patients and spouses meet in separate groups with licensed clinical social workers. Free.

Contact: Cancer Wellness House Programs at (801) 236-2294, ext.11.

ST GEORGE

Man to Man

American Cancer Society

567 S Valley View Dr #204
St George UT 84770

Meets: Third Wednesday of each month.

Purpose: To educate and support men facing prostate cancer by providing them with an opportunity to talk openly with each other and with health care professionals about their disease and related concerns. The program also offers personal visits, telephone support, and a newsletter. Free.

Contact: American Cancer Society at (435) 680-2127 or toll free at (800) 227-2345 (national number).

WELLNESS AND SYMPTOM MANAGEMENT

BOUNTIFUL

Look Good...Feel Better

Sponsored by the American Cancer Society and the Utah Cancer Foundation

Utah Cancer Specialists Lakeview Hospital Campus

520 E Medical Dr Ste 340
Bountiful UT 84010

Meets: Second Friday of every month. Please call to register.

Purpose: A free program that teaches beauty techniques to female cancer patients to help them combat the appearance-related side effects of cancer treatments.

Contact: Margaret at (801) 296-6665; American Cancer Society at (801) 483-1500 or toll free at (800) 227-2345 (national number).

WELLNESS AND SYMPTOM MANAGEMENT, cont'd

EMERY COUNTY

Look Good...Feel Better

Sponsored by the American Cancer Society
Southeastern Utah District Health Dept
 45 W Main
 Castle Dale UT 84513

Meets: Please call for dates and times. A reservation is required to attend.

Purpose: A free, two-hour program that teaches beauty techniques to female cancer patients to help them combat the appearance-related side effects of cancer treatments.

Contact: American Cancer Society toll free at (800) 234-0533 or toll free at (800) 227-2345 (national number).

FILLMORE

Look Good...Feel Better

Sponsored by the American Cancer Society
Fillmore Community Medical Center
 674 S Highway 99
 Fillmore UT 84631

Meets: Second Tuesday of every month. A reservation is required to attend.

Purpose: A free, two-hour program that teaches beauty techniques to female cancer patients to help them combat the appearance-related side effects of cancer treatments.

Contact: American Cancer Society toll free at (800) 234-0533 or toll free at (800) 227-2345 (national number).

HEBER

Look Good...Feel Better

Sponsored by the American Cancer Society
Heber Valley Medical Center
 1485 S Highway 40
 Heber UT 84032

- Meets:** Second Thursday of every month. A reservation is required to attend.
- Purpose:** A free, two-hour program that teaches beauty techniques to female cancer patients to help them combat the appearance-related side effects of cancer treatments.
- Contact:** American Cancer Society toll free at (800) 234-0533 or toll free at (800) 227-2345 (national number).

LOGAN

Look Good...Feel Better

Sponsored by the American Cancer Society
Logan Regional Hospital
 1400 N 550 E
 Logan UT 84341

- Meets:** Third Wednesday of every month. A reservation is required to attend.
- Purpose:** A free, two-hour program that teaches beauty techniques to female cancer patients to help them combat the appearance-related side effects of cancer treatments.
- Contact:** American Cancer Society toll free at (800) 234-0533 or toll free at (800) 227-2345 (national number).

OGDEN

Look Good...Feel Better

Sponsored by the American Cancer Society
McKay-Dee Hospital
 4401 Harrison Blvd
 Ogden UT 84403

- Meets:** Third Thursday of every month. A reservation is required to attend.
- Purpose:** A free program that teaches beauty techniques to female cancer patients to help them combat the appearance-related side effects of cancer treatments.
- Contact:** American Cancer Society at (801) 393-8657 or toll free at (800) 227-2345 (national number)

WELLNESS AND SYMPTOM MANAGEMENT, cont'd

PRICE

Look Good...Feel Better

Sponsored by the American Cancer Society

Castleview Hospital

300 N Hospital Dr

Price UT 84501

Meets: Please call for dates and times. A reservation is required to attend.

Purpose: A free, two-hour program that teaches beauty techniques to female cancer patients to help them combat the appearance-related side effects of cancer treatments.

Contact: American Cancer Society toll free at (800) 234-0533 or toll free at (800) 227-2345 (national number).

PROVO

Look Good...Feel Better

Sponsored by the American Cancer Society

Utah Valley Regional Medical Center

1034 N 500 W

Provo UT 84604

Meets: Third Thursday of every month. A reservation is required to attend.

Purpose: A free program that teaches beauty techniques to female cancer patients to help them combat the appearance-related side effects of cancer treatments.

Contact: American Cancer Society toll free at (800) 234-0533 or toll free at (800) 227-2345 (national number).

SALT LAKE CITY

Cancer Wellness Book Club

Cancer Wellness House

59 S 1100 E

Salt Lake City UT 84102

Meets: Quarterly or monthly. Please call for dates and times.

Purpose: The Cancer Wellness Book Club is open to everyone and discusses all types of books, including cancer-related novels and biographies, self-help and self-actualization books, and the latest bestsellers. This group is especially helpful for the individual who prefers not to participate in a formal support group but would like to get to know others who have been touched by cancer. Free.

Contact: Cancer Wellness House Programs at (801) 236-2294, ext.11.

Facial Prosthetics/Anaplastology

Huntsman Cancer Institute

University of Utah

1950 Circle of Hope

Salt Lake City UT 84112-5550

Purpose: Anaplastologists use prosthetic materials to restore noses, eyes, ears, or entire sections of the face to cover facial deformities/absences. Note: There are fees for this service.

Contact: Paul Tanner at (801) 585-0140 or at paul.tanner@hci.utah.edu

WELLNESS AND SYMPTOM MANAGEMENT, cont'd

SALT LAKE CITY, continued

Guided Meditation

Cancer Wellness House

59 S 1100 E

Salt Lake City UT 84102

Meets: Weekly. Please call for details.

Purpose: Learn to control breathing, aid relaxation, increase focus, and reduce stress. Facilitated by professionals. Free.

Contact: Cancer Wellness House Program Office at (801) 236-2294, ext.11.

Integrated Awareness

Sponsored by the Utah Cancer Foundation

Utah Cancer Specialists Cancer Center

3838 S 700 E Ste 100

Salt Lake City UT 84106

Meets: Second Thursday of each month at 6:30 p.m. Please call to register.

Purpose: To increase awareness of the physical, emotional, mental, and energetic patterns in the body. Jan Cendese, LCSW, certified Integrated Awareness practitioner, explores the phenomenon of vibrational healing and the power of touch, energetics, and movement in restoring the harmonic vibrational patterns associated with increased health and quality of life.

Contact: Kathleen at (801) 281-6873.

LeBed Method

Sponsored by the Utah Cancer Foundation

Utah Cancer Specialists Cancer Center

3838 S 700 E Ste 100

Salt Lake City UT 84106

Meets: Every Wednesday at 6 p.m. Please call to register.

Purpose: A therapeutic program of exercise and movement to music. Designed for breast cancer survivors, it increases range of motion, upper body movement and energy, and promotes positive self-image. Classes are taught by Elizabeth Wolfe, OTR/L, CLT/LANA, certified instructor.

Contact: Kathleen at (801) 281-6873.

Look Good...Feel Better

American Cancer Society

941 E 3300 S

Salt Lake City UT 84106

Meets: Second Monday of every month. A reservation is required to attend.

Purpose: A free program that teaches beauty techniques to female cancer patients to help them combat the appearance-related side effects of cancer treatments.

Contact: American Cancer Society at (801) 483-1500 or toll free at (800) 227-2345 (national number).

Look Good...Feel Better

Sponsored by the American Cancer Society

Huntsman Cancer Institute

University of Utah

2000 Circle of Hope

Salt Lake City UT 84112-5550

Meets: Fourth Wednesday of every month at 6 p.m. in the Cancer Learning Center conference room. Please call to register.

Purpose: A free program that teaches beauty techniques to female cancer patients to help them combat the appearance-related side effects of cancer treatments.

Contact: Kerstin Barney, Volunteer Services, at (801) 581-7169; American Cancer Society at (801) 483-1500 or toll free at (800) 227-2345 (national number).

WELLNESS AND SYMPTOM MANAGEMENT, cont'd

SALT LAKE CITY, continued

Lymphedema Awareness

Sponsored by the Utah Cancer Foundation

Utah Cancer Specialists Cancer Center

3838 S 700 E Ste 100

Salt Lake City UT 84106

Meets: Third Tuesday of each month at 6 p.m. Please call to register.

Purpose: Lymphedema therapist Pierre Poltratzsky provides patients and caregivers advice and education about managing lymphedema.

Contact: Kathleen at (801) 281-6873.

Lymphedema Support Group

Highland Outpatient Rehabilitation

4578 S Highland Dr #190

Holladay UT 84117

Meets: As needed. Please call for dates and times and to register.

Purpose: To provide information and support to patients who have lymphedema and their loved ones.

Contact: Highland Outpatient Rehabilitation at (801) 272-5008.

Massage Therapy

Sponsored by the Utah Cancer Foundation

Utah Cancer Specialists Cancer Center

3838 S 700 E Ste 100

Salt Lake City UT 84106

Meets: Please call for dates and times and to register.

Purpose: Free 20-minute massages for patients and their caregivers currently undergoing chemotherapy or radiation therapy. Massages provided by the Myotherapy College of Utah.

Contact: Utah Cancer Specialists Cancer Center at (801) 269-0231.

Natural Solutions for Complementary Cancer Care

Sponsored by the Utah Cancer Foundation

Utah Cancer Specialists Cancer Center

3838 S 700 E Ste 100

Salt Lake City UT 84106

Meets: Third Tuesday of each month at 10:30 a.m. Please call to register.

Purpose: While maintaining the traditional treatments prescribed for cancer, patients and caregivers are provided guidance for managing the natural nutrients and supplements the body may need to better tolerate the rigors and stresses of living with a cancer diagnosis.

Contact: Kathleen at (801) 281-6873.

Nutrition Education

Sponsored by the Utah Cancer Foundation

Utah Cancer Specialists Cancer Center

3838 S 700 E Ste 100

Salt Lake City UT 84106

Meets: Second Tuesday of each month at 10:30 a.m. Please call to register.

Purpose: This monthly class is designed to help patients manage their nutrition during and after treatment. This is a useful class for all patients and survivors.

Contact: Kathleen at (801) 281-6873.

WELLNESS AND SYMPTOM MANAGEMENT, cont'd

SALT LAKE CITY, continued

Outdoor Club

Cancer Wellness House

59 S 1100 E

Salt Lake City UT 84102

Meets: Monthly. Please call to join.

Purpose: The Outdoor Club meets monthly throughout the year and encourages those touched by cancer in any way to remain active and well through social activities and informal peer support. During the summer, the outdoor club hosts weekly hikes to various peaks along the Wasatch Front in an effort to train cancer survivors and their support persons for a four-day, pack animal-supported hike to King's Peak. Free.

Contact: Cancer Wellness House Programs at (801) 236-2294, ext.11

Reiki Therapy

Sponsored by the Utah Cancer Foundation

Utah Cancer Specialists Cancer Center

3838 S 700 E Ste 100

Salt Lake City UT 84106

Meets: Please call for dates and times and to register.

Purpose: Energy balancing and healing treatment sessions. Patients usually experience relaxation and peacefulness which is useful in decreasing anxiety and pain.

Contact: Utah Cancer Specialists Cancer Center at (801) 269-0231.

Therapeutic Massage

Cancer Wellness House

59 S 1100 E

Salt Lake City UT 84102

Meets: Offered weekly. Please call for dates and times.

Purpose: Cancer survivors and their caregivers are invited to find relaxation and enjoyment in a 30-minute chair or bed massage. Therapists have been trained in oncology massage. Free.

Contact: Cancer Wellness House Program Office at (801) 236-2294, ext.11.

Therapeutic Touch

Cancer Wellness House

59 S 1100 E
Salt Lake City UT 84102

Meets: Monthly. Please call for dates and times.

Purpose: A scientifically based practice that promotes relaxation and a sense of comfort and well-being in which the practitioner uses the hands as a focus to facilitate the healing process. Facilitated by Rebecca Good, MA, RNC, ACRN, QTTT, LPC. Free.

Contact: Cancer Wellness House Programs at (801) 236-2294, ext.11.

Yoga

Cancer Wellness House

59 S 1100 E
Salt Lake City UT 84102

Meets: Weekly. Beginning, intermediate, and advanced classes available. Please call for details.

Purpose: Increase flexibility, strengthen your cardiovascular system, and center your body and mind. Stay active, meet with other survivors and family members, and feel better in body and spirit. Free.

Contact: Cancer Wellness House Program Office at (801) 236-2294, ext.11.

WELLNESS AND SYMPTOM MANAGEMENT, cont'd

SANPETE COUNTY

Look Good...Feel Better

Sponsored by the American Cancer Society

Sanpete Valley Hospital

1100 S Medical Dr

Mt Pleasant UT 84647

Meets: First Monday of every month. A reservation is required to attend.

Purpose: A free, two-hour program that teaches beauty techniques to female cancer patients to help them combat the appearance-related side effects of cancer treatments.

Contact: American Cancer Society toll free (800) 234-0533 or toll free at (800) 227-2345 (national number).

ALL CANCERS

American Cancer Society (ACS)

Toll free: (800) ACS-2345 (227-2345)

www.cancer.org

The ACS is a nationwide, community-based voluntary health organization dedicated to preventing cancer, saving lives from cancer, and diminishing the suffering from cancer through research, advocacy, education, and service. They provide a free, 24-hour cancer information line and their website contains cancer information as well as an online support community. Local chapters run quality-of-life support programs such as “I Can Cope,” “Man to Man,” “Reach to Recovery,” and “Look Good...Feel Better.” Some services in Spanish are available.

Association of Cancer Online Resources (ACOR)

(212) 226-5525

www.acor.org

ACOR provides free online cancer resources for patients and their loved ones. Their website hosts a large collection of online support groups and mailing lists.

CancerCare

Toll free: (800) 813-HOPE (4673)

www.cancercare.org

CancerCare provides free professional support services to people whose lives are affected by cancer. They offer individual and group counseling, educational programs, online and telephone support groups, financial assistance, and teleconferences. Services in Spanish are available.

Cancer Hope Network

Toll free: (877) HOPENET (467-3638)

www.cancerhopenetwork.org

The Cancer Hope Network provides free, confidential, one-on-one support to people with cancer and their families. They match patients with trained volunteers who have undergone a similar experience.

Lance Armstrong Foundation–LIVESTRONG

Toll free: (866) 235-7205

www.livestrong.org

LIVESTRONG is the website and philosophy behind the Lance Armstrong Foundation. The Foundation provides information and practical tools to help cancer survivors through active treatment and into survivorship.

ALL CANCERS, continued**National Cancer Institute (NCI) Cancer Information Service**

TTY: (800) 332-8615

Toll free: (800) 4-CANCER (422-6237)

www.cancer.gov

NCI, part of the National Institutes of Health, coordinates a national research program on cancer causes, prevention, detection, diagnosis, treatment, rehabilitation, and control. Through its website and Cancer Information Service telephone and online help resources, NCI offers up-to-date cancer information, clinical trials listings, and educational pamphlets. Services are available in Spanish.

National Coalition for Cancer Survivorship (NCCS)

Toll free: (877) NCCS-YES (622-7937)

www.canceradvocacy.org

NCCS is a survivor-led advocacy organization that provides education and support to cancer survivors and their caregivers. Among other programs, they offer a free audio presentation, *The Cancer Survivor Toolbox*, and an online cancer resource guide.

National Comprehensive Cancer Network (NCCN)

Toll free: (888) 909-NCCN (6226)

www.nccn.org

NCCN is an alliance of cancer centers from across the United States. They offer the recognized standard guidelines for oncology care. They also provide an information service to help patients find resources at their member institutions.

People Living with Cancer

A service of the American Society of Clinical Oncology

(703) 797-1914

www.plwc.org

People Living With Cancer, the patient information website of the American Society of Clinical Oncology, provides information about cancer treatment, clinical trials, coping, and side effects as well as a Find an Oncologist database and online message boards.

Wellness Community

Toll free: (888) 793-WELL (9355)

www.wellness-community.org

The Wellness Community offers support and education to individuals battling cancer. Their website provides information about cancer and hosts several online support groups for patients and caregivers. Services in Spanish are available.

BLADDER CANCER

Bladder Cancer Webcafé

www.blcwebcafe.org

This website provides information and resources for patients with bladder cancer, including information about treatment, ostomies, and clinical trials. This site also gives the option of e-mailing a nurse with questions about bladder cancer.

BONE MARROW AND STEM CELL TRANSPLANT

Blood & Marrow Transplant Information Network (BMT InfoNet)

Toll free: (888) 597-7674

www.bmtinfo.net

BMT InfoNet is a nonprofit organization offering patient-friendly handbooks, a quarterly newsletter, and online resource directories for patients and families facing bone marrow, stem cell, or cord blood transplants. Their volunteer network links patients with survivors who can provide emotional support and assistance. Information is available in Spanish.

National Bone Marrow Transplant Link (nbmtLINK)

Toll free: (800) LINK-BMT (546-5268)

www.nbmtlink.org

nbmtLink provides information, patient advocacy, referrals, and several books and resource guides about bone marrow and stem cell transplants.

National Marrow Donor Program (NMDP)

Toll free: (800) MARROW-2 (627-7692)

www.marrow.org

NMDP compiles a registry of bone marrow donors, provides information about marrow donation and transplants, offers patient advocacy, and organizes recruitment drives for donors. Information is available in Spanish and other languages.

BRAIN TUMORS

American Brain Tumor Association (ABTA)

Toll free: (800) 886-2282

www.abta.org

ABTA is a national organization offering brain tumor information, support, a pen pal program, a newsletter, and information about treatment facilities. Social workers answer questions and provide referrals to local and national resources.

The Brain Tumor Society

Toll free: (800) 770-TBTS (8287)

www.tbts.org

The Brain Tumor Society provides support and education to brain tumor patients and their families. They maintain a patient and family network of brain tumor survivors and loved ones who are able to provide information and support by phone and through e-mail.

Children's Brain Tumor Foundation (CBTF)

Toll free: (866) 228-HOPE (4673)

www.cbtf.org

CBTF funds basic research on pediatric brain tumors. They offer a parent-to-parent support network, telephone support groups, a newsletter, and a toll-free patient support line.

National Brain Tumor Foundation (NBTF)

Toll free: (800) 934-CURE (2873)

www.braintumor.org

NBTF provides information, support, and counseling for brain tumor patients and their families. They offer a newsletter, a patient-to-patient e-mail support network, and a list of support groups.

BREAST CANCER

Breastcancer.org

www.breastcancer.org

Breastcancer.org is a nonprofit organization that provides breast cancer education through their website and free educational booklets. Their website hosts monthly Ask the Expert conferences and has information about all aspects of breast cancer, including prevention, treatment, recovery, and research.

Inflammatory Breast Cancer Research Foundation

Toll free: (877) STOP-IBC (786-7422)

www.ibcresearch.org

The Inflammatory Breast Cancer Research Foundation provides information and support to women diagnosed with, or concerned about, inflammatory breast cancer. They host online discussion groups and provide information about new research and clinical trials.

Living Beyond Breast Cancer (LBBC)

Toll free: (888) 753-LBBC (5222)

www.lbbc.org

LBBC is a national education and support organization providing resources and support for people affected by breast cancer. Their Survivors' Helpline allows callers to speak to trained volunteers who have also been affected by breast cancer. They also offer a newsletter and host an annual conference and teleconferences.

National Breast Cancer Coalition (NBCC)

Toll free: (800) 622-2838

www.natlbcc.org

NBCC is an advocacy group whose mission is to eradicate breast cancer. They focus on research, increasing the influence of breast cancer advocates, and creating access to the best care, treatment, and clinical trials for all women with breast cancer.

The Susan G. Komen Breast Cancer Foundation

Toll free: (800) I'M-AWARE (462-9273)

www.komen.org

The mission of the Susan G. Komen Breast Cancer Foundation is to eradicate breast cancer as a life-threatening disease by advancing research, education, screening, and treatment. They offer a toll-free helpline staffed by trained volunteers and raise funds for breast cancer research and education through annual Race for the Cure events in communities across the United States. Services are available in Spanish.

Y-ME National Breast Cancer Organization (Y-ME)

Toll free: (800) 221-2141

www.y-me.org

Y-ME provides support to individuals concerned about or diagnosed with breast cancer. They offer 24-hour, toll-free hotlines in English and Spanish staffed by volunteers and counselors who have had breast cancer (male callers can request a male counselor), listings of support groups, publications, a newsletter, and various other resources. Services in Spanish and several other languages are available.

BREAST CANCER, continued**Young Survival Coalition (YSC)**

(212) 206-6610

www.youngsurvival.org

YSC is an international, nonprofit network of breast cancer survivors and supporters dedicated to the concerns and issues that are unique to young women with breast cancer. They provide information and advocacy and sponsor a yearly conference.

CHILDHOOD CANCER**Candlelighters Childhood Cancer Foundation (CCCCF)**

Toll free: (800) 366-CCCCF (2223)

www.candlelighters.org

CCCCF is one of the primary providers of essential programs and services required by families of children with cancer. Local Candlelighters affiliates in states across the country provide advocacy, newsletters, and various support groups and activities for families dealing with childhood cancer.

Children's Brain Tumor Foundation (CBTF)

Toll free: (866) 228-HOPE (4673)

www.cbtf.org

CBTF funds basic research for pediatric brain tumors. They offer a parent-to-parent support network, telephone support groups, a newsletter, and a toll-free patient support line.

Children's Cancer Association (CCA)

(503) 244-3141

www.childrenscancerassociation.org

CCA provides unique services to children with cancer and their families, including *Kids' Cancer Pages*, a national directory of childhood cancer resources; *Music Rx* and *Chemo Pal* programs for children in the hospital; and the *Dreamcatcher* program that grants wishes to children and families dealing with cancer.

CureSearch

Toll free: (800) 458-6223

www.curesearch.org

CureSearch is a collaboration between the Children's Oncology Group and the National Childhood Cancer Foundation to provide information to patients, families, and health professionals about childhood cancer. They also conduct and provide funding for research and clinical trials at hospitals across the country.

National Children's Cancer Society

Toll free: (800) 5-FAMILY (532-6459)

www.nationalchildrenscancersociety.com

The National Children's Cancer Society provides direct financial assistance for medical and non-medical expenses related to treatment for children with cancer. They also provide online support networks and educational materials for families.

Teens Living With Cancer

Melissa's Living Legacy Foundation

(585) 334-0858

www.teenslivingwithcancer.org

This website is designed for teenagers with cancer, providing information about cancer and help with coping for patients and their families. This site also has an online peer support group and message boards.

CLINICAL TRIALS

Clinical trials are research studies designed to test new cancer therapies and interventions that may improve the screening, prevention, or diagnosis of cancer. Clinical trials are conducted at cancer centers throughout the United States. Resources for locating clinical trials are listed below. The Huntsman Cancer Information Service can also help you search for clinical trials. *For assistance, please call the **Huntsman Cancer Information Service** toll free at (888) 424-2100.*

Please note that there is no resource that lists every clinical trial at every cancer facility in the country. In addition to trials found using the resources below, you may be able to locate additional clinical trials by talking to your doctor, calling or using the websites of the various national cancer organizations in this guide, or by contacting individual cancer centers.

Coalition of Cancer Cooperative Groups

Toll free: (877) 520-4457

www.cancertrialshelp.org

The Coalition of Cancer Cooperative Groups is a network of cancer clinical trials specialists from across the country. They provide information about clinical trials, a newsletter, and a search tool that allows patients and families to find clinical trials.

CLINICAL TRIALS, continued

EmergingMed

Toll free: (877) 601-8601

www.emergingmed.com

EmergingMed is a free and confidential clinical trial matching and referral service. Their specialists can also connect users to the physicians conducting clinical trials.

National Cancer Institute (NCI) Clinical Trials Listing

TTY: (800) 332-8615

Toll free: (800) 4-CANCER (422-6237)

www.cancer.gov/clinicaltrials

www.clinicaltrials.gov

The NCI's website and toll-free information service allow users to search for clinical trials supported by NCI, the U.S. government agency that supports and conducts research on cancer. NCI also provides educational pamphlets and links users to articles that report the results of clinical trials.

COLON AND RECTAL CANCER

Colon Cancer Alliance (CCA)

Toll free: (877) 422-2030

www.ccalliance.org

CCA is a national patient advocacy organization serving colon and rectal cancer survivors, caregivers, people with a genetic predisposition to the disease, and other individuals touched by colorectal cancer. The CCA offers information, a newsletter, and a buddy network.

Colorectal Cancer Coalition (C3)

(202) 244-2906

www.c-three.org

C3 is a national advocacy organization that aims to improve the prevention, screening, and treatment of colon cancer. Their website and newsletter provide information about colon cancer research, treatment, and advocacy.

Colorectal Cancer Network

(301) 879-1500

www.colorectal-cancer.net

The Colorectal Cancer Network hosts support groups, listservs, chat rooms, and maintains a list that connects newly diagnosed patients with long-term survivors.

COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM)

Complementary and Alternative Medicine (CAM) is the name given to treatments, practices, or products that are not currently regarded as standard medical care. These treatments and techniques may be used instead of traditional medical care (alternative medicine) or in addition to traditional medical care (complementary therapy).

The following resources provide information about CAM as it relates to cancer and its treatment. Many cancer centers also provide information about CAM on their individual websites, as do many of the national cancer organizations listed in this guide.

MedlinePlus

A service of the National Library of Medicine and National Institutes of Health

www.nlm.nih.gov/medlineplus/druginformation.html

In addition to information about other health topics, the MedlinePlus website provides information about CAM, as well as peer-reviewed monographs on various herbs and supplements.

National Cancer Institute Office of Cancer Complementary and Alternative Medicine (OCCAM)

www.cancer.gov/cam

OCCAM provides news and information about complementary and alternative therapy for cancer. Their website provides details on research studies, links to other sources of information, and maintains a list of cancer centers that offer CAM or who have integrated medicine programs combining traditional medical therapy with CAM.

National Center for Complementary and Alternative Medicine (NCCAM)

TTY: (866) 464-3615

Toll free: (888) NIH-NCAM (644-6226)

<http://nccam.nih.gov>

NCCAM, a division of the National Institutes of Health, provides research funding and information about CAM to health care providers and the public. Fact sheets, publications, and information are available on their website, by calling their telephone service, or through online chats. They do not provide referrals or advice about specific therapies. Information is available in Spanish.

FOR FAMILY AND FRIENDS

Family Caregiver Alliance (FCA)

Toll free: (800) 445-8106

www.caregiver.org

FCA provides information, education, services, research, and advocacy to loved ones caring for people with a chronic or disabling health condition. They publish a newsletter, provide fact sheets on important caregiver issues and concerns, and host an online caregiver discussion group.

Lotsa Helping Hands

www.lotsahelpinghands.com

Lotsa Helping Hands is a free, online tool that allows family and friends to create a group calendar that organizes people who want to provide help to a loved one with a serious illness. Users are automatically notified by e-mail about the patient's needs and can view and volunteer for whatever fits their situation.

Kids Konnected

Toll free: (800) 899-2866

www.kidskonnected.org

Kids Konnected's mission is to provide friendship, understanding, education, and support for the children who have a parent with cancer or who have lost a parent to cancer. They provide a 24-hour hotline that children can call with questions and concerns, support groups that meet in several cities, online chat rooms and newsletters, and summer camps.

National Alliance for Caregiving

(301) 718-8444

www.caregiving.org

The National Alliance for Caregiving is a nonprofit coalition of national organizations that focus on issues of family caregiving. They provide caregiving information and educational brochures and maintain a list of caregiving conferences taking place across the United States.

National Family Caregivers Association

Toll free: (800) 896-3650

www.nfcacares.org

The National Family Caregivers Association provides information and support for caregivers, including education materials, a newsletter, and an online peer bulletin board.

Well Spouse Association

Toll free: (800) 838-0879

www.wellspouse.org

The Well Spouse Association is a nonprofit national self-help organization that serves the wives, husbands, and partners of the chronically ill. Well Spouse support groups meet in cities across the United States. They also publish a newsletter and host an online chat forum.

GYNECOLOGIC CANCERS

EyesOnThePrize.org

www.eyesontheprize.org

EyesOnThePrize.org provides information and emotional support to women with gynecologic cancers, their families and friends, and health care providers. Their website contains information about gynecological cancers and functions as an online support group.

National Cervical Cancer Coalition (NCCC)

Toll free: (800) 685-5531

www.nccc-online.org

NCCC provides information about cervical cancer prevention, screening, and treatment. They host phone pals and e-pals support programs, print newsletters, and sponsor conferences and educational sessions.

National Ovarian Cancer Coalition (NOCC)

Toll free: (888) OVARIAN (682-7426)

www.ovarian.org

NOCC is dedicated to raising awareness about issues relating to ovarian cancer. They offer a toll-free telephone service and promote patient advocacy, support, and education.

Ovarian Cancer National Alliance

(202) 331-1332

www.ovariancancer.org

The Ovarian Cancer National Alliance works to increase public and professional understanding of ovarian cancer and to advocate for ovarian cancer research. They distribute educational materials and sponsor an annual advocacy conference.

Women's Cancer Network (WCN)

(312) 578-1439

www.wcn.org

WCN provides information about gynecological cancers and makes referrals to cancer specialists.

KIDNEY CANCER

American Kidney Fund

Toll free: (800) 638-8299

www.akfinc.org

The American Kidney Fund is a voluntary health organization serving people with and at risk for kidney disease through direct financial assistance, education, clinical research, and community service programs.

Kidney Cancer Association (KCA)

Toll free: (800) 850-9132

www.curekidneycancer.org

KCA provides information to professionals, patients, and the public about kidney cancer. They offer a nurse hotline, a free newsletter, information about clinical trials, and various educational publications.

LEUKEMIA, LYMPHOMA, AND MYELOMA

International Myeloma Foundation (IMF)

Toll free: (800) 452-CURE (2873)

www.myeloma.org

IMF provides up-to-date information about the treatment and management of multiple myeloma. They offer a toll-free telephone hotline, free information packets, patient and family seminars, clinical conferences, and a quarterly newsletter.

The Leukemia & Lymphoma Society

Toll free: (800) 955-4572

www.lls.org

The Leukemia & Lymphoma Society is dedicated to improving the quality of life for patients and families faced with leukemia, lymphoma, and myeloma. They offer many services, including support groups, education, a toll-free phone service, and financial assistance. Please call to find a chapter near you. Services and materials are available in Spanish.

Lymphoma Research Foundation (LRF)

New York Office—Research

Toll free: (800) 235-6848

Los Angeles Office—Patient Services

Toll free: (800) 500-9976

www.lymphoma.org

LRF is a nonprofit organization that provides funding for lymphoma research and offers support and education to patients and families. They have a patient-to-patient support program, a newsletter, a patient aid grant program, and a clinical trials information service.

Multiple Myeloma Research Foundation (MMRF)

(202) 972-1250

www.multiplemyeloma.org

MMRF funds research and offers services and information about the treatment and management of multiple myeloma.

LUNG CANCER

Lung Cancer Alliance

Toll free: (800) 298-2436

www.lungcanceralliance.org

The Lung Cancer Alliance is a national nonprofit organization that provides information and support to patients with and at risk for lung cancer. They offer the Lung Cancer Hotline, a peer-to-peer Phone Buddy support program, and a quarterly newsletter.

Lung Cancer Online Foundation (LCOF)

www.lungcanceronline.org

LCOF maintains an annotated directory of Internet information and resources for patients and families.

Lungcancer.org

A service of CancerCare

Toll free: (877) 646-LUNG (5864)

www.lungcancer.org

Lungcancer.org is a service provided by CancerCare. This website and toll-free information line provide information and support to the patients, families, and health professionals dealing with lung cancer.

MELANOMA

American Academy of Dermatology (AAD)

(847) 330-0230

www.aad.org

AAD is a national organization for dermatologists. Their website and educational materials provide information about the prevention and treatment of melanoma, as well as resources for locating dermatologists and skin cancer screenings in your area.

MELANOMA, continued

The Melanoma Research Foundation (MRF)

Toll free: (800) 673-1290

www.melanoma.org

MRF is a nonprofit organization dedicated to finding a cure for melanoma. Through contributions and donations, the MRF funds grants to top melanoma researchers. They offer a newsletter and sponsor patient symposiums in various cities to discuss the latest melanoma research.

The Skin Cancer Foundation

Toll free: (800) SKIN-490 (754-6490)

www.skincancer.org

The Skin Cancer Foundation conducts nationwide public and professional education programs and raises money to fund skin cancer research. Their website and educational materials provide information about the prevention and treatment of melanoma.

MESOTHELIOMA

Mesothelioma Applied Research Foundation (MARF)

(805) 560-8942

www.marf.org

MARF is dedicated to finding a cure for mesothelioma. They fund mesothelioma research and provide education and advocacy for mesothelioma patients and their families.

ORAL, HEAD, AND NECK CANCER

International Association of Laryngectomees

Toll free: (866) IAL-FORU (425-3678)

www.larynxlink.com

This organization provides information and support to people who have lost their voice as a result of cancer.

Let's Face It

(360) 676-7325

www.faceit.org

Let's Face It is a nonprofit network that links people with facial disfigurement and all who care for them to resources, information, and support. They provide networking services, books, and a resource guide.

Oral Cancer Foundation

(949) 646-8000

www.oralcancerfoundation.org

The Oral Cancer Foundation is a national public service designed to reduce suffering and save lives through prevention, education, research, advocacy, and support. Their website provides information about oral cancer risk factors, treatments, research, and current news. They also have a patient/survivor forum and a resource list.

Support for People with Oral and Head and Neck Cancer (SPOHNC)

Toll free: (800) 377-0928

www.spohnc.org

SPOHNC is a patient-run support organization for individuals who have been diagnosed with oral, head, or neck cancer. They offer a survivor-to-survivor network, a newsletter, information, and educational materials.

The Yul Brynner Head and Neck Foundation

(843) 792-6624

www.headandneck.org

This organization provides information about head and neck cancer for patients and their families, organizes support groups, and sponsors Head and Neck Cancer Awareness Week.

PANCREATIC CANCER**Pancreatic Cancer Action Network (PanCAN)**

Toll free: (877) 2-PANCAN (272-6226)

www.pancan.org

PanCAN's goal is to focus national attention on the need for more research and effective treatments for pancreatic cancer. They provide information, educational brochures, a toll-free telephone hotline, patient-to-patient and caregiver support networks, and regional advocacy groups called Team Hope.

Pancreatica.org

(831) 658-0600

www.pancreatica.org

Pancreatica.org is a website designed to provide patients and families with the latest information about pancreatic cancer. This website answers frequently asked questions, contains a clinical trials database, and provides users with news articles and research abstracts.

PROSTATE CANCER

National Prostate Cancer Coalition (NPCC)

Toll free: (888) 245-9455

www.fightprostatecancer.org

NPCC offers information to prostate cancer patients and their loved ones. They also provide resources for community cancer advocates and support groups and publish weekly online newsletters.

Prostate Cancer Foundation

Toll free: (800) 757-CURE (2873)

www.prostatecancerfoundation.org

The Prostate Cancer Foundation is a nonprofit charity dedicated to funding prostate cancer research. They provide prostate cancer information, educational materials, and a newsletter, and they sponsor national advocacy and fundraising events.

US TOO! International

Toll free: (800) 80-US TOO (808-7866)

www.ustoo.com

US TOO! is a network of support groups for men with prostate cancer and their families. US TOO! also provides a toll-free patient support line, newsletters, web-based communities, and information about all aspects of prostate cancer and its treatment.

RARE CANCERS

National Organization for Rare Disorders (NORD)

TDD: (203) 797-9590

Toll free: (800) 999-6673

www.rarediseases.org

NORD is an organization that offers support and information to people with rare diseases. They provide a patient networking program, a database of information about rare diseases, a newsletter, and a medication assistance program.

Office of Rare Diseases–National Institutes of Health The Genetic and Rare Diseases Information Center

TTY: (888) 205-3223

Toll free: (888) 205-2311

<http://rarediseases.info.nih.gov>

The Office of Rare Diseases provides information about rare diseases as well as information about current research findings, clinical trials, and patient support groups.

SARCOMA

Sarcoma Alliance

(415) 381-7236

www.sarcomaalliance.org

The Sarcoma Alliance provides guidance, education, and support for individuals with sarcoma and their loved ones.

Sarcoma Foundation of America

(301) 520-7648

www.curesarcoma.org

Sarcoma Foundation of America raises awareness and funds for sarcoma research. They provide information about sarcoma, a newsletter, and host online public forums.

SKIN CANCER

American Academy of Dermatology (AAD)

(847) 330-0230

www.aad.org

AAD is a national organization for dermatologists. Their website and educational materials provide information about the prevention and treatment of skin cancer, as well as resources for locating dermatologists and skin cancer screenings in your area.

Skin Cancer Foundation

Toll free: (800) SKIN-490 (754-6490)

www.skincancer.org

The Skin Cancer Foundation conducts nationwide public and professional education programs and raises money to fund skin cancer research. Their website and educational materials provide information about the prevention and treatment of skin cancer.

TESTICULAR CANCER

Testicular Cancer Resource Center

<http://tcrc.acor.org>

The Testicular Cancer Resource Center is a website that provides information and support to people diagnosed with testicular cancer and the people who love them. Information is provided about all aspects of cancer, including treatment, side effects, fertility, and survivorship. This site also hosts an e-mail support group.

THYROID CANCER

Thyroid Cancer Survivors' Association, Inc. (ThyCa)

Toll free: (877) 588-7904

www.thyca.org

ThyCa provides support and education to individuals who have been diagnosed with thyroid cancer and their loved ones. They provide online support groups, offer a Person-to-Person Network, sponsor conferences and workshops for patients, and publish a newsletter.

WELLNESS AND SYMPTOM MANAGEMENT

American Institute for Cancer Research (AICR)

Toll free: (800) 843-8114

www.aicr.org

AICR fosters research on the connections between diet and cancer. Their website, phone line, and educational materials provide information about cancer prevention, diet during and after cancer treatment, and healthy survivorship. Registered dietitians are available to answer questions online and by phone about diet and healthy eating.

American Pain Foundation

Toll free: (888) 615-PAIN (7246)

www.painfoundation.org

The American Pain Foundation is a nonprofit organization that serves people in pain through information, advocacy, and support. They provide information about pain management, online support groups, and electronic and print newsletters.

CancerSymptoms.org

A service of the Oncology Nursing Society

www.cancersymptoms.org

This website is designed for patients and caregivers. It provides information about common cancer treatment symptoms such as fatigue, pain, depression, neuropathy, and sexual dysfunction.

Erectile Dysfunction Information Center

(952) 852-5560

www.cure-ed.org

The Erectile Dysfunction Information Center provides information about erectile dysfunction to men and their partners.

Fertile Hope

Toll free: (888) 994-HOPE (4673)

www.fertilehope.org

Fertile Hope is a national nonprofit organization dedicated to providing reproductive information, support, and hope to cancer patients whose medical treatments present the risk of infertility. Their website and educational brochures provide information about cancer and fertility. They also offer referrals to centers and providers that address fertility issues. Their Sharing Hope program offers qualified patients access to discounted fertility preservation services.

Look Good...Feel Better

Toll free: (800) 395-LOOK (5665)

www.lookgoodfeelbetter.org

Look Good...Feel Better is a free, national public service program that provides tips and information to help patients offset appearance-related changes from cancer treatment. Look Good...Feel Better provides make-over tips online, by phone, and through classes taught in communities throughout the United States. Information about local classes is available online, by calling the number above, or by calling your local American Cancer Society chapter. "Just for You" self-help kits are offered free to patients who cannot attend a local class.

National Lymphedema Network (NLN)

Toll free: (800) 541-3259

www.lymphnet.org

NLN offers a toll-free recorded information line, a quarterly newsletter, yearly conferences, and referrals to lymphedema treatment centers, health care providers, and support groups.

The Neuropathy Association

(212) 692-0662

www.neuropathy.org

The Neuropathy Association is a national organization providing support to people with neuropathy and supporting research into the causes and treatment of neuropathy. Listings of support groups are available on their website. Medical information and a newsletter are available to people who join the association for a fee.

WELLNESS AND SYMPTOM MANAGEMENT, cont'd

United Ostomy Association, Inc. (UOA)

www.uoa.org

UOA was a national organization that provided information and support to individuals who have or will have an ostomy. UOA ceased operations in September 2005, but their website will remain active until September 2006. It contains information about various types of ostomies and coping with ostomies.

United Ostomy Association of America, Inc.

Toll free: (800) 826-0826

www.uoaa.org

UOAA is a national network for bowel and urinary diversion support groups in the United States. They offer resource listings of local support groups, online discussion and chat rooms, and a magazine.

211 Info Bank

A service of Community Services Council

Toll free: Dial 211 or (888) 826-9790

www.informationandreferral.org

The 211 Info Bank maintains a detailed listing of health and human services agencies and organizations that provide resources and financial assistance to residents of Utah. Their employees assess callers' needs and refer them to the appropriate organization or agency for help. They compile and publish a Human Services Directory which is available online and is also available for purchase.

Access Utah Network

155 S 300 W Ste 100

Salt Lake City UT 84101

Toll free: (800) 333-8824

www.accessut.org

Access Utah Network provides statewide information and referral regarding services and issues related to people with disabilities. They also maintain a list of used assistive technology items and durable medical equipment for sale or donation.

Aging and Adult Services

www.hsdaas.utah.gov

www.utahagingservices.org

Aging and Adult Services departments throughout the state of Utah provide many resources for people over 60, including Meals on Wheels, transportation, assistance with Medicare and Medicaid questions, caregiver programs, and employment programs. For more information, contact your local county government office. A listing of each division office and the services they offer is available at www.utahagingservices.org.

American Cancer Society Learning and Wellness Center

941 E 3300 S

Salt Lake City UT 84106

(801) 483-1500

Salt Lake office toll free: (800) 234-0533

National toll free: (800) ACS-2345 (227-2345)

www.cancer.org

The American Cancer Society (ACS) offers free wigs, hats, and scarves to cancer patients from their gift closet. Volunteers with the ACS Learning and Wellness Center have also compiled a free, comprehensive packet of local and national financial resources for patients and their families. The Learning and Wellness Center is open Monday through Friday from 8:30 a.m. to 5 p.m. No appointment is necessary. Please call for other locations throughout the state.

Children's Health Insurance Program (CHIP)

Utah Department of Health

Toll free: (877) KIDS-NOW (543-7669)

www.utahchip.org

CHIP is a state health insurance plan for children who do not have any other health insurance and who meet eligibility criteria.

Community Health Centers

Community Health Centers provide health care to individuals who have little or no insurance.

Bear Lake Community Health Ctr

PO Box 328

325 West Logan Hwy Ste 3

Garden City UT 84025

(435) 946-3660

Carbon Medical Services

PO Box 930

305 Center St

East Carbon UT 84520

(435) 888-4411

Central City Community Health Ctr

461 S 400 E

Salt Lake City UT 84111

(801) 539-8617

Copperview Community Health Ctr

8446 S Harrison St

Midvale UT 84047

(801) 566-5494

Duchesne Valley Medical Clinic

50 E 200 S

Duchesne UT 84021

(435) 738-2426

Enterprise Valley Medical Clinic

PO Box 370

223 S 200 E

Enterprise UT 84725

(435) 878-2281

Green River Medical Clinic

305 W Main St

Green River UT 84525

(435) 564-3434

Midtown Community Health Ctr

2240 Adams Ave

Ogden UT 84403

(801) 393-5355

Montezuma Creek Health Ctr

262 Montezuma Creek

Montezuma Creek UT 84534

(435) 651-3291

Mountainlands Community Health Ctr

215 W 100 N

Provo UT 84601

(801) 374-9660

Oquirrh View Community Health Ctr

4745 S 3200 W

Salt Lake City UT 84118

(801) 964-6214

Southwest Utah Community Health Clinic

168 North 100 East

St George UT 84770

(435) 986-2565

Stephen D. Radcliff Community Health Ctr

1365 W 1000 N
Salt Lake City UT 84116
(801) 328-5750

**Utah Farm Worker Health Clinic
Clinicas de Buena Salud**

14 N 100 E #2
Brigham City UT 84302
(435) 723-8276

Wayne Community Health Ctr

128 S 300 W
Bicknell UT 84715
(435) 425-3744

Utah County Farm Worker Health Clinic

215 West 100 North
Provo UT 84601
(801) 325-9580

Wasatch Homeless Health

404 S 400 W
Salt Lake City UT 84101
(801) 364-0058

Dental Clinics

Central City (801) 325-9538
Northwest Dental (801) 328-5756
Weber Midtown Dental (801) 626-7169

Covered At Work

Utah Department of Health

(801) 538-6689
Toll free: (888) 222-2542
<http://health.utah.gov/caw>

Covered at Work is a program of the Utah Department of Health that helps pay for employer-sponsored health insurance for working Utahns. Participants must meet eligibility criteria and have access to health insurance through their employer.

Disability Law Centers

(Locations in Salt Lake, American Fork, and Cedar City)

TTY: (800) 550-4182
Toll free: (800) 662-9080
www.disabilitylawcenter.org

These centers provide information, referral, self-advocacy assistance, and free legal assistance for individuals with disabilities on issues that pertain to disability law.

Doctors Free Clinic

1036 E Riverside Dr
St George UT 84790
(435) 656-0022
www.drsfreeclinic.org

This clinic provides health care to patients who are low income or who are unemployed.

Financial Counselors

Most hospitals and treatment centers have financial counselors on staff that can help you with your financial and insurance concerns. These counselors may also be able to help you obtain Medicaid or disability funds. Please contact your treatment facility for more information.

Fundraising

Fundraising is an option for people needing to raise money to cover the costs of cancer treatment. Friends, family, and community members may be willing to contribute funds to help people with cancer once they are aware of the patient's difficult financial situation. Your local American Cancer Society and local library are good sources of information about fundraising as are the resources listed in the *National Agencies and Organizations* and *National Financial and Legal Assistance* sections of this guide.

Health Access Project

1800 S West Temple Ste A-128
Salt Lake City UT 84115
(801) 412-3980

www.healthaccessproject.org

The Health Access Project (HAP) is a community partnership that, with the assistance of a volunteer provider network, works to provide health care to low-income, uninsured residents of Salt Lake County. To be eligible for HAP, clients must live in the Salt Lake area, be uninsured or underinsured, not qualify for other public assistance programs, and meet income guidelines.

HEAT (Home Energy Assistance Target)

Toll free: (877) 488-3233

http://community.utah.gov/housing_and_community_development/SEAL/HEAT_program

The HEAT program provides help with winter utility bills to low-income households. For more information and for a listing of local HEAT offices in each county in Utah, please call the number above or visit the HEAT website.

Intermountain Healthcare Richard J. Galbraith North Temple Clinic

54 N 800 W
Salt Lake City UT 84116
(801) 359-0901

The Galbraith clinic was created to help patients with little or no insurance. Those with means to pay will be charged on a sliding fee

scale based on income. Appointments are not required; all patients are treated on a walk-in basis. The clinic is open Monday through Saturday from 10 a.m. to 8 p.m. and on Sunday from noon to 6 p.m.

Make-A-Wish Foundation of Utah

771 E Winchester

Murray UT 84107

(801) 262-9474

www.makeawishutah.org

The Make-A-Wish Foundation grants a special wish for children age 18 or younger who have a life-threatening illness.

Maliheh Free Clinic

415 E 3900 S

Salt Lake City UT 84107

(801) 266-3700

www.malihehfreeclinic.org

The Maliheh Free Clinic provides basic and preventive health care for people who have no medical insurance and who are low income. The clinic is open Tuesday through Friday from 9 a.m. to noon and from 1 to 4 p.m. Appointments are required.

Medicaid

Utah Department of Health

(801) 538-6155

Toll free: (800) 662-9651

www.health.utah.gov/medicaid

Medicaid is a health insurance program available for Utah residents who meet certain eligibility criteria and who cannot afford the cost of health care. A brochure explaining Utah Medicaid services and eligibility is available on their website under the heading Medical Assistance or by calling the numbers above.

Needs Beyond Medicine

Utah Breast Cancer Task Force

PO Box 521618

Salt Lake City UT 84152-1618

(801) 296-7177

www.utahbreastcancertaskforce.com

The Needs Beyond Medicine project provides up to \$200 in financial assistance to women and men who are diagnosed with breast cancer and who are faced with financial difficulties. Funding is available to cover financial needs that cannot be met by the patient's insurance or other community resources.

Primary Care Network (PCN)

Utah Department of Health

(801) 538-6155

Toll free: (800) 662-9651

www.health.utah.gov/pcn

PCN is a preventive care health plan for Utah residents ages 19 to 64 who are without access to health insurance and who meet income guidelines. PCN does not cover specialty physician care or inpatient hospital care. Applications for PCN coverage are taken during enrollment sessions. Please visit the PCN website or call for information about enrollment sessions.

REACH Utility Assistance Program

Greater Salt Lake Area Chapter of the American Red Cross

465 S 400 E

Salt Lake City UT 84111

(801) 323-7000

Toll free: (800) 328-9272

www.utahredcross.org

REACH provides assistance to individuals and families who are having difficulty paying their utility bills.

Religious Organizations

Some churches and religious organizations provide financial assistance. Check with your religious leader for more information.

RxConnect Utah

Toll free: (866) 221-0265

www.health.utah.gov/rxconnectutah

RxConnect Utah is a service of the Utah Department of Health that links Utahns to resources that can assist them in getting prescription medications that they could not otherwise afford. The website and toll-free phone number provide information about drug discount cards and patient assistance programs.

Social Workers

The social workers at your treatment facility can help you locate and apply for financial aid programs and services. Contact your facility's social work office for more information.

Tuesday Night Bar

A service of the Utah State Bar

Utah Law & Justice Center

645 S 200 E

Salt Lake City UT 84111

(801) 531-9077

For appointments: (801) 297-7037

www.utahbar.org/public/tuesday_night_bar.html

The Tuesday Night Bar is a free legal advice program that offers individuals the opportunity to meet with volunteer lawyers for a free, brief consultation to determine their legal rights. The Tuesday Night Bar is held four Tuesdays each month between 5 and 6:30 p.m. Appointments must be made at least eight days in advance. *Similar programs are available in other cities across Utah. For a list of these programs, visit the Utah Bar website or call the number listed above.*

Utah Cancer Control Program (UCCP)

Breast and Cervical Screening Programs

Utah Department of Health

(801) 538-6712

Toll free: (800) 717-1811

www.utahcancer.org

This program offers free or low-cost screening clinics throughout the state of Utah for breast and cervical cancers to women who meet age and income guidelines. UCCP also provides information to women who have been diagnosed with breast or cervical cancer who may be eligible for Medicaid benefits to cover the costs of treatment. Screening clinics are available at local health departments, community health centers, some privately practicing physicians' offices, and Indian Health Services throughout Utah. Screening locations can be found on the UCCP website or by calling the numbers above.

Utah Comprehensive Health Insurance Pool

PO Box 30192

Salt Lake City UT 84130-0192

Toll free: (800) 705-9173

The Utah Comprehensive Health Insurance Pool was designed for patients with serious medical conditions who are considered too high-risk to qualify for private health insurance coverage. Applicants must be Utah residents, must meet certain eligibility criteria, and must be able to pay the required premiums.

Utah Insurance Department

(801) 538-3805

TDD: (801) 538-3826

Toll free: (800) 439-3805

www.insurance.state.ut.us

The Utah Insurance Department can help answer insurance questions and provide help with insurance problems, all free of charge.

Utah Legal Services

(Locations in Salt Lake, Provo, Ogden, and Cedar City)

(801) 328-8891

Toll free: (800) 662-4245

www.uls.state.ut.us/uls/index.html

Utah Legal Services provides legal counsel on various civil legal matters to low-income individuals. Fees are based on a sliding scale according to income.

AARP

Toll free: (888) OUR-AARP (687-2277)

www.aarp.org

This organization provides people 50 years and older with benefit and entitlement information, teaching opportunities, training, employment opportunities, homebound assistance, and other resources. For a small membership fee, members receive discounts on various services.

American Kidney Fund (AKF)

Toll free: (800) 638-8299

www.akfinc.org

AKF provides financial assistance to patients with kidney cancer and other kidney diseases.

BenefitsCheckUp

A service of the National Council on Aging

(202) 479-1200

TDD: (202) 479-6674

www.benefitscheckup.org

The BenefitsCheckUp website is designed to help people over age 55 find programs that may pay for some of the costs of prescription drugs, health care, utilities, and other essential items or services.

Blood & Marrow Transplant Information Network (BMT InfoNet)

Toll free: (888) 597-7674

www.bmtinfonet.org

BMT InfoNet provides referrals to nonprofit organizations and attorneys who can help patients resolve insurance disputes and appeal to insurance companies who have denied coverage for bone marrow transplant.

CancerCare

Toll free: (800) 813-HOPE (4673)

www.cancercare.org

CancerCare provides financial grants for people struggling with cancer-related costs. Several grants are available, both for patients in active treatment and for those post-treatment.

Cancer Legal Resource Center

A service of the Western Law Center for Disability Rights

TTY: (213) 736-8310

Toll free: (866) 843-2572

www.wlcdr.org

The Cancer Legal Resource Center provides free information and advice about cancer-related legal issues to people affected by cancer.

Children's Organ Transplant Association

Toll free: (800) 366-2682

www.cota.org

This organization provides fundraising assistance to families of children who are in need of a bone marrow or organ transplant.

Dream Foundation

(805) 564-2131

www.dreamfoundation.org

Dream Foundation is an organization designed to improve the quality of life for people with a terminal illness. They grant wishes to terminally ill patients over the age of 18.

ENCOREplus

A service of the YWCA

(202) 467-0801

www.ywca.org

ENCOREplus is a breast and cervical cancer program that provides outreach, education, and screening mammograms to women who are most in need and lack access to health care. Free services include education about breast and cervical cancer and referrals for low-cost or free screening exams. Please contact your local YWCA for more information.

Fairygodmother Foundation

(773) 388-1160

www.fairygodmother.org

The Fairygodmother Foundation grants wishes for people over age 18 who have a terminal illness.

Financial Counselors

Most hospitals and treatment centers have financial counselors on staff that can help you with your financial and insurance concerns. These counselors may also be able to help you obtain Medicaid or disability funds. Please contact your treatment facility for more information.

Fundraising

Fundraising is an option for people needing to raise money to cover the costs of cancer treatment. Friends, family, and community members may be willing to contribute funds to help people with cancer once they are aware of their difficult financial situation. Your local American Cancer Society and local library are good sources of information about fundraising as are the resources listed in this section and the *National Agencies and Organizations* section of this guide.

Hill-Burton Free Care Program

Toll free: (800) 638-0742

www.hrsa.gov/osp/dfcr/about/aboutdiv.htm

This government program provides federal grants and subsidies to medical facilities so that they may provide free or low-cost care for eligible patients. Check with your treatment facility for more information about this program.

Income Tax Deductions

www.irs.ustreas.gov

Medical costs that are not covered by insurance policies can sometimes be deducted from annual income before taxes. Your local IRS office, tax consultant, or certified public accountant can help you determine what medical costs are tax deductible. Telephone numbers for these resources can be found in your local telephone directory.

The Leukemia & Lymphoma Society

Toll free: (800) 955-4572

www.lls.org

The Leukemia & Lymphoma Society patient financial aid program offers up to \$500 per year for costs associated with transportation, drugs, and treatment for those suffering from blood-related cancers. Please call for more information and to find a local chapter near you.

Limbs for Life

Toll free: (888) 235-5174

www.limbsforlife.org

Limbs for Life works to provide comfortable and fully functional prosthetic care for individuals who cannot otherwise afford it. Qualified applicants may be eligible for partial or complete funding for a prosthesis.

Lymphoma Research Foundation (LRF)

Toll free: (800) 500-9976

www.lymphoma.org

LRF offers grants up to \$500 per year to lymphoma patients who have quality-of-life expenses (child care, medical aids, etc.) not covered by insurance.

Make-A-Wish Foundation

Toll free: (800) 722-WISH (9474)

www.wish.org

The Make-A-Wish Foundation grants a special wish for children age 18 or younger who have a life-threatening illness.

Making Memories Breast Cancer Foundation

(503) 252-3955

www.makingmemories.org

Making Memories grants wishes for patients with metastatic breast cancer so they may create lasting memories with their loved ones.

Medicare

Toll free: (800) MEDICARE (633-4227)

www.medicare.gov

Medicare is a government insurance program available for individuals who are age 65 or older, for people of any age who have permanent kidney failure, and for some disabled individuals under age 65.

National Association for the Terminally Ill

Toll free: (888) 847-0390

<http://terminallyill.org>

The National Association for the Terminally Ill offers financial aid to children and families of people suffering from a terminal illness.

National Children's Cancer Society

Toll free: (800) 5-FAMILY (532-6459)

www.nationalchildrenscancersociety.com

The National Children's Cancer Society provides direct financial assistance for medical and non-medical expenses related to treatment for children with cancer.

National Foundation for Transplants (NFT)

Toll free: (800) 489-3863

www.transplants.org

NFT provides fundraising assistance and advocacy for transplant recipients and their families.

National Insurance Consumer Help Line

Toll free: (800) 942-4242

The National Insurance Consumer Help Line responds to questions about insurance matters and can provide help with insurance problems.

National Organization for Rare Disorders (NORD)

TDD: (203) 797-9590

Toll free: (800) 999-6673

www.rarediseases.org

NORD maintains medication assistance programs that help uninsured or under-insured individuals with rare diseases pay for life-saving and life-sustaining medications.

NeedyMeds

(215) 625-9609

www.needymeds.com

NeedyMeds provides information about programs that assist patients with the costs of their prescription medications.

Patient Advocate Foundation

Toll free: (800) 532-5274

www.patientadvocate.org

Co-Pay Relief Program

Toll free: (866) 512-3861

www.copays.org

Patient Advocate Foundation is a national nonprofit organization that serves as an active liaison between the patient and their insurer, employer, and/or creditors to resolve insurance, job retention, and/or debt crisis matters related to their diagnosis. The Co-Pay Relief Program provides direct financial assistance to insured patients diagnosed with breast, colon, kidney, lung, lymphoma, and prostate cancer who need help paying for out-of-pocket expenses.

Partnership for Prescription Assistance

Toll free: (888) 4PPA-NOW (477-2669)

www.pparx.org

The Partnership for Prescription Assistance helps qualifying patients who lack prescription coverage get the medicines they need through public or private assistance programs. Through their website and toll-free phone line, Partnership for Prescription Assistance offers a single point of access to more than 475 public and private patient assistance programs, including more than 150 programs offered by pharmaceutical companies.

Religious Organizations

Some churches and religious organizations provide financial assistance. Check with your local religious leader for more information.

Sharing Hope

A service of Fertile Hope

Toll free: (888) 994-HOPE (4673)

www.fertilehope.org

Fertile Hope's Sharing Hope program helps reduce the cost of sperm banking for men diagnosed with certain types of cancer and helps reduce the cost of fertility medications and embryo and egg freezing procedures for women diagnosed with certain types of cancer. Patients must meet certain eligibility requirements and submit an application for assistance.

Social Security Administration

TTY: (800) 325-0778

Toll free: (800) 772-1213

www.ssa.gov

The Social Security Administration is a government agency that provides survivor, disability, and retirement benefits. Supplemental income and disability benefits are available to people who meet certain eligibility criteria.

Social Workers

The social workers at your treatment facility can help you locate and apply for financial aid programs and services. Contact your facility's social work office for more information.

Sunshine Foundation

(215) 396-4770

www.sunshinefoundation.org

The Sunshine Foundation grants special wishes for children ages 3 to 21 who are physically challenged, who are seriously ill, or who have been abused.

Veteran's Benefits

Toll free: (800) 827-1000

www.va.gov

Eligible veterans and their dependents may receive cancer treatment at a Veteran's Administration (VA) Medical Center. Treatment for service-related conditions is provided, and treatment for other conditions may be available based on the veteran's financial need.

A list of accommodations in the Salt Lake City area that offer hospital discounts is available on the University Health Care website at <http://uuhsc.utah.edu/uuhsc/patient/lodging.htm> or by calling the Huntsman Cancer Information Service toll free at (888) 424-2100.

Air Care Alliance

Toll free: (888) 260-9707

www.aircareall.org

The Air Care Alliance provides a comprehensive listing of organizations that provide free flights to individuals who cannot afford the cost of traveling to and from health care facilities.

Angel Flight West

Toll free: (888) 4-AN-ANGEL (426-2643)

www.angelflight.org

Angel Flight West provides free flights on private aircraft to individuals who have a health care or other compelling need. Patients must be ambulatory, must be able to sit up in an airplane seat for the duration of the flight, and must have a medical release from their doctor. Angel Flight West serves patients in Western states. For flights to or from other states, please contact Angel Flight America toll free at (800) 446-1231 or online at www.angelflightamerica.org.

Corporate Angel Network (CAN)

Toll free: (866) 328-1313

www.corpangelnetwork.org

CAN provides free air transportation on corporate jets for cancer patients, bone marrow donors, and bone marrow recipients who have a scheduled appointment at a recognized cancer treatment center anywhere in the United States regardless of financial resources. Patients must be ambulatory and able to fly without medical assistance.

Delta SkyWish

<http://national.unitedway.org/skywish/>

United Way and Delta provide round-trip tickets to people with life-threatening conditions to enable them to get medical treatment. Tickets come from people donating their frequent flyer miles. For more information contact your local United Way office.

Jubilee Home

409 E 500 S
St George UT 84770
(435) 688-4514

Jubilee Home provides housing for patients and families receiving critical care at Dixie Regional Medical Center. Families are asked to pay \$30 for the first night and \$25 for each additional night, but arrangements can be made to help families who cannot afford to pay.

National Association of Hospital Hospitality Houses Inc. (NAHHH)

Toll free: (800) 542-9730
www.nahhh.org

NAHHH is a network of hospital hospitality houses that provide free or low-cost, temporary lodging for patients who are visiting treatment centers away from home.

National Patient Air Travel Helpline (NPATH)

A service of the National Patient Travel Center

Toll free: (800) 296-1217
www.patienttravel.org

NPATH provides information about all forms of charitable, long-distance medical air transportation and provides a variety of other services to people seeking a way to travel long distances for specialized medical evaluation, diagnosis, and treatment.

PERKIE Travels

A service of Active Re-Entry

10 S Fairgrounds Rd
Price UT 84501
(435) 637-4950
www.arecil.org

Provides free transportation for patients living in Carbon and Emery counties who will be receiving radiation therapy at clinics in Utah county.

Road to Recovery Program

American Cancer Society

In Utah: (801) 483-1500
Utah office toll free: (800) 234-0533
National toll free: (800) ACS-2345 (227-2345)
www.cancer.org

Road to Recovery provides limited transportation to and from hospitals, doctors' offices, and cancer treatment facilities. Contact the American Cancer Society to see if rides are available in your area.

Ronald McDonald House Charities

National number: (630) 623-7048

In Utah: (801) 363-4663

935 E South Temple

Salt Lake City UT 84102

<http://rmhc.com>

Ronald McDonald House Charities has a national network of temporary housing facilities for families of seriously ill children receiving treatment at nearby hospitals. Families are asked to make a donation ranging on average from \$5 to \$20 per day, but if that isn't possible, their stay is free.

Senior Transportation Programs

Utah Aging and Adult Services

Toll free: (877) 4-AGING (424-4640)

www.hsdaas.utah.gov

www.utahagingservices.org

Aging and Adult Services departments throughout the state of Utah have Senior Transportation Programs that provide transportation to essential destinations such as dialysis, chemotherapy, physical therapy, prescription pick-up, and medical appointments for people over age 60 who lack other transportation and cannot use public transportation. For more information, contact your local county government office or the toll-free number above. A listing of each division office and the services they offer is also available at www.utahagingservices.org.

Social Workers

The social workers at your treatment facility can help you locate programs that provide accommodations and travel assistance in your area. Contact your facility's social work office for more information.

Utah Transit Authority (UTA)

Reduced Fares: (801) 262-5626

Schedule Information: (801) RIDE UTA (743-3882)

FLEXTRANS: (801) BUS RIDE (287-7433)

www.rideuta.com

UTA offers discounted fares to individuals over age 65 and offers FLEXTRANS for individuals with disabilities who are unable to use the regular bus system. Reduced-fare cardholders may travel anywhere in the UTA system for \$0.75. A monthly pass is available for \$25. Please call for more information.

Home Care

Home care is a term that describes the many health and social services provided in the home to recovering, disabled, and chronically or terminally ill patients. These services are provided to people who would rather stay home but who need care that cannot be provided solely by friends and family. Health insurance, Medicare, and Medicaid pay for many home care services; other services may be purchased by the family or may be provided by volunteer organizations.

Hospice

Hospice is a philosophy of compassionate care designed to meet the medical, emotional, and spiritual needs of individuals with a life-threatening illness and their loved ones. Hospice emphasizes palliative care—the relief of pain and symptoms to enhance quality of life—rather than treatment that is intended to cure disease. Hospice care is often provided in the home, but may be provided in nursing homes, hospitals, or in-patient hospice facilities. Medicare, Medicaid, and many insurance plans cover the costs of hospice care.

Finding Home Care and Hospice Services

The resources below can help you locate home care and hospice providers. Your insurance company can also provide you with a list of providers covered under your plan. Home care and hospice care providers must be licensed by the state and must meet certain qualifications to be Medicare providers. Check with your state to find out if your provider is licensed and Medicare-approved. In Utah, you can call the **Bureau of Health Facility Licensing toll free at (800) 662-4157** or visit their website at <http://health.utah.gov/hflcra/>.

Children's Hospice International

Toll free: (800) 2-4-CHILD (242-4453)

www.chionline.org

Children's Hospice International is a nonprofit organization that works to improve hospice care for children. They provide information and educational brochures about children's hospice care, maintain a world-wide resource directory, and host an online hospice forum.

End-of-Life Care Partnership in Utah

348 E 4500 S Ste 300
Salt Lake City UT 84107
(801) 892-6615
www.carefordying.org

The End-of-Life Care Partnership in Utah provides information and resources to families and individuals confronting a terminal illness. Their website and educational materials address issues such as making end-of-life care decisions, pain management, living wills, caregiving for the dying, and managing grief.

Hospice Education Institute

Toll free: (800) 331-1620
www.hospiceworld.org

The Hospice Education Institute is an independent, not-for-profit organization that offers information and education for people caring for the dying and bereaved. They maintain a directory of hospice and palliative care programs and are a resource for patients and caregivers to call with questions and concerns.

Hospice Foundation of America

Toll free: (800) 854-3402
www.hospicefoundation.org

The Hospice Foundation of America promotes hospice care and helps to educate professionals and the families they serve about hospice, caregiving, end-of-life issues, and bereavement. They provide information about choosing hospice services, provide educational materials about end-of-life and grief, and host annual bereavement teleconferences.

National Association for Home Care and Hospice

(202) 547-7424
www.nahc.org

This national organization offers information and support to home care and hospice providers. They maintain a provider directory and supply information to the public about choosing home care and hospice services.

National Hospice and Palliative Care Organization (NHPCO)

Toll free: (800) 658-8898
www.nhpc.org

The National Hospice and Palliative Care Organization's toll-free information line and Caring Connections website provide information about all aspects of hospice and end-of-life care, including finding a provider, advanced directives, caregiving, and coping with grief.

ADULTS WHO HAVE LOST A CHILD**BRIGHAM CITY****Compassionate Friends**

Brigham City Community Center

300 W Forrest St

Brigham City UT 84302

Meets: Second Tuesday of each month at 7 p.m.

Purpose: For parents, children, or grandparents who are grieving the death of a child or sibling. Groups are led by parents and consist of open discussion and guest speakers. Free.

Contact: Kathy Glouski (435) 723-7943.

OGDEN**Compassionate Friends**

McKay Dee Hospital

4401 Harrison Blvd

Ogden UT 84403

Meets: First Monday of each month from 7 to 9 p.m. in Room 4.

Purpose: For parents, adult siblings (ages 15 and older), or grandparents who are grieving the death of a child. Groups are led by parents and consist of open discussion. Free.

Contact: Nancy Carter at (801) 390-6262.

ADULTS WHO HAVE LOST A CHILD, *continued*

PROVO

Compassionate Friends

Meets: Please call for details.

Purpose: For anyone grieving the death of a child. Groups are led by parents and consist of open discussion and guest speakers. Free.

Contact: Siobhan McBride at (801) 400-6234.

SALT LAKE CITY

Bereavement Support Group

Primary Children's Medical Center

100 N Medical Dr

Salt Lake City UT 84113

Meets: Six-week groups are held three times a year. Please call for more information.

Purpose: This group is for parents who have experienced the death of a child. Participants have the opportunity to learn about the grieving process, share experiences and feelings, and receive support.

Contact: Mary-Ann Bowman, PhD, CSW, at (801) 588-3483.

Candlelighters Angel Family Parent Group

**Rocky Mountain Candlelighters for
Childhood Cancer**

Meets: Fourth Saturday of each month from 7 to 9 p.m.
Location varies. Please call for details.

Purpose: For parents who have had a child die from cancer. This event allows parents the opportunity to meet with other parents who understand the day-to-day issues of dealing with the loss of a child. Free.

Contact: Candlelighters at (801) 487-7844, toll free at (888) 556-2737, or at info@childhoodcancer.org.

Candlelighters Angel Family Tribute

**Rocky Mountain Candlelighters for
Childhood Cancer**

Meets: First Friday in November.

Purpose: This very special tribute honors the brave children who have died from cancer. The program includes a special video presentation, the sharing of poems and other memories, and luminary lighting in remembrance of the children who have died. A book of stories is compiled and given to parents. Activities and support is provided for siblings. Free.

Contact: Candlelighters at (801) 487-7844, toll free at (888) 556-2737, or at info@childhoodcancer.org.

Compassionate Friends

<http://tcfslcut.com>

Meets: Second Tuesday of each month at 7 p.m. Please call for more information.

Purpose: For anyone grieving the death of a child. Groups are led by parents and consist of open discussion and guest speakers. Free.

Contact: Holly Jeppesen at (801) 566-1243 or (801) 265-3623.

ADULTS WHO HAVE LOST A LOVED ONE

BOUNTIFUL

Lakeview Hospital Bereavement Support Group

Golden Years Senior Center

726 S 100 E

Bountiful UT 84010

Meets: Every Wednesday at 11 a.m.

Purpose: General bereavement support group for anyone grieving the loss of a loved one. Open to all ages. Free.

Contact: Lynda Silva at (801) 397-4678 or Peggy Ogalsby at (801) 397-4800 at Rocky Mountain Hospice.

MURRAY

Cottonwood Hospital Bereavement Group

Cottonwood Hospital

5770 S 300 E

Murray UT 84107

Meets: First and third Wednesdays of the month from 2:30 to 4 p.m.

Purpose: An adult grief support group that covers the grieving process, stress and anger management, guilt, closure, role changes, remembrances, and how to handle the holidays. Please call to register before attending the first time. Free.

Contact: Lo Pendleton, LCSW, at (801) 314-2907 or Norman Leifer, LCSW, at (801) 314-2978.

OGDEN

Bereavement Support Group

Ogden Regional Medical Center

5475 S 500 E

Ogden UT 84405-6978

Meets: Please call for more information.

Purpose: General bereavement support group for adults. Meets for six weeks. Free.

Contact: Pastoral Care at (801) 479-2074.

OREM

Bereavement Support Group

Intermountain Home Care and Hospice in Utah
County

1165 S 800 E
Orem UT 84079

Meets: Mondays from 12:30 to 1:30 p.m. Please call to register.

Purpose: General bereavement support group for adults age 18 and older. Six weekly sessions run quarterly or as needed. Free.

Contact: David Dye or Elaine Hill at (801) 225-0584.

VistaCare Hospice Bereavement Group

Seville Retirement Residence

325 W Center
Orem UT 84057

Meets: Thursday nights from 6 to 8 p.m.

Purpose: A general bereavement group. Free.

Contact: Julia Martinez at (801) 766-1515.

ADULTS WHO HAVE LOST A LOVED ONE, cont'd

PROVO

Utah Valley Medical Center Bereavement Support Group

Utah Valley Medical Center

1034 N 500 W

Provo UT 84604

Meets: Please call for meeting times. Pre-registration is required.

Purpose: General bereavement support group for adults age 18 and older. Eight weekly sessions run quarterly. There is a \$25 charge for materials which can be waived based on need.

Contact: Jeri Young or Kerry Wycoff at (801) 357-4137.

SALT LAKE CITY

Bereavement Support Group

Sponsored by Larkin Mortuary and St. Mark's Hospital

St. Mark's Hospital

1200 E 3900 S

Salt Lake City UT 84124

Meets: Call for meeting times and dates.

Purpose: Grief support group for anyone who has suffered a loss. This is an eight-week closed group; registration is required. Free.

Contact: Carol Lee at (801) 268-7141 or the education department at (801) 268-7422.

Caring Connections: A Hope and Comfort in Grief Program

University of Utah College of Nursing

www.nurs.utah.edu/caringconnections

Meets: Please call for more information.

Purpose: Various eight-week grief groups. There is a minimal cost for this program and scholarships are available for people who cannot afford the fee. Caring Connections also produces a bimonthly newsletter and has a handbook (available in Utah, Spanish, and international versions) that provides information for people dealing with sudden and unexpected death. Groups in Spanish are available upon request.

Contact: Sheri Poulsen at (801) 585-9522 or Dr. Beth Cole at (801) 585-9612.

LDS Hospital Open and Closed Bereavement Support Groups

LDS Hospital
8th Ave and C St
Salt Lake City UT 84103

Meets: Please call for meeting times and locations and to register.

Purpose: Ongoing education and support for people who have lost loved ones. Free.

Contact: Helen Rollins, bereavement coordinator, at (801) 408-5661.

St. Vincent's Bereavement Group

1375 E Spring Ln
Salt Lake City UT 84117

Meets: Please call for meeting times, location, and to register.

Purpose: Nine-week, closed groups beginning in fall and spring for adults who have lost a loved one. These groups are spiritually oriented and open to all faiths. \$10 fee.

Contact: Pat Pitcher at (801) 527-2036 or Deacon David Osman at (801) 527-2021.

ADULTS WHO HAVE LOST A LOVED ONE, cont'd

SALT LAKE CITY, continued

VistaCare Hospice Bereavement Group

Vista Care Hospice
1111 E Brickyard Rd Ste 107
Salt Lake City UT 84106

Meets: Wednesdays from noon to 1:30 p.m.

Purpose: A general bereavement group. Free.

Contact: Julia Martinez at (801) 766-1515.

ST GEORGE

Grief Support Group

Intermountain Home Care and Hospice at Dixie
1240 E 100 S Bldg 22 Ste 219
St George UT 84790

Meets: Please call for dates, times, and location.

Purpose: Offers grief support groups that meet for eight weeks, four times a year. Individual and family counseling is also available. Free.

Contact: Kyle Brown at (435) 688-4567.

WEST VALLEY CITY

Grief Recovery Support Group

Valley View Memorial Park
4335 W 4100 S
West Valley City UT 84120

Meets: Please call for details.

Purpose: To provide support to adults who have lost a loved one. Group sessions cover different topics and participants are welcome to attend all or just a few sessions. Occasional workshops are offered on special topics. Free.

Contact: Cathy Bang at (801) 201-7991.

CHILDREN WHO HAVE LOST A LOVED ONE**OGDEN****A Center for Grieving Children**

560 39th St
Ogden UT 84403

Meets: Please call for more information.

Purpose: A Center for Grieving Children is a support program for children, teens, and their families who are grieving the loss of someone they love from death, divorce, or separation. Free.

Contact: A Center for Grieving Children at (801) 476-1127.

OREM**Canary Garden Bereavement Support Group**

www.canarygarden.org

Meets: Weekly. Please call for times, locations, and to pre-register.

Purpose: A bereavement support group for children and teenagers, ages 3 to 18. Canary Garden is dedicated to providing a safe and caring environment for children, teenagers, their parents, and caregivers who are grieving the death of a family member. Pre-registration is required. Free.

Contact: Vivian Olsen at (801) 361-8758 or at info@canarygarden.org.

CHILDREN WHO HAVE LOST A LOVED ONE, cont'd

SALT LAKE CITY

Bereavement Support Group

Primary Children's Medical Center

100 N Medical Dr

Salt Lake City UT 84113

Meets: Six-week groups are held three times a year. Please call for more information.

Purpose: Bereavement group for children ages 6 to 12 who have lost a loved one. Children will receive education about grief, have the opportunity to share their experiences and feelings, and will be assisted in maintaining their memories of the one who has died.

Contact: Mary-Ann Bowman, PhD, CSW, at (801) 588-3483.

The Sharing Place

1695 E 3300 S

Salt Lake City UT 84106

www.thesharingplace.com

Meets: Open-ended groups meet two times a month. Please call for more information.

Purpose: The Sharing Place is a support program for children, teens, and their families who are grieving the death of someone they love. It was created to assist children, teens, and their families through the grief process by encouraging them to share their feelings with others who have experienced a loss. Families pay pledges.

Contact: The Sharing Place at (801) 466-6730.

ST GEORGE

Grief Support Group

Intermountain Home Care and Hospice at Dixie
1240 E 100 S Bldg 22 Ste 219
St George UT 84790

Meets: Please call for dates, times, and location.

Purpose: A grief support group that meets for eight weeks, four times a year, for children and teens. Individual and family counseling is also available. Free.

Contact: Jan McKay at (435) 688-4116.

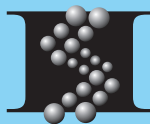
Active Survivors Network
Alliance Community Services
Altius Health Plans
American Cancer Society
American Lung Association
Asian Association of Utah
Bear River Health Department
Campaign for Tobacco Free Kids/Capstone Strategies
Cancer Wellness House
Center for Colon and Rectal Disease
Central Utah Cancer Center
Davis County Health Department
Davis Surgical Center
Dermatology Research Center
Gastroenterology Associates
HealthInsight
Huntsman Cancer Institute
Intermountain Healthcare
Intermountain Healthcare Urology
LDS Hospital
Love Communications
MCFM Foundation
National Breast Cancer Coalition
National Cancer Institute Cancer Information Service
Public Employees Health Plan (PEHP)
Regence Blue Cross/Blue Shield of Utah
Rocky Mountain Candlelighters for Childhood Cancer
Salt Lake Affiliate–Susan G. Komen Breast Cancer Foundation
Salt Lake Valley Health Department
Southwest Utah Public Health Department
The Cancer Crusaders
Tooele County
University of Utah School of Medicine–Division of Gynecologic Oncology
Utah Cancer Control Program, Utah Department of Health
Utah Cancer Foundation, Utah Cancer Specialists
Utah County Health Department
Utah Department of Health
Utah Dept. of Health–Division of Health Care Financing
Utah Dept. of Health–Genomics Program
Utah Dept. of Health–Tobacco Prevention & Control Program
Utah Healthy Living Foundation
Utah Initiatives for Pacific Islanders
Utah Women’s Digestive Health Center
Wasatch County Health Department
Weber-Morgan Health Department
Western Urological Clinic
YWCA

The ***Cancer Resource Guide*** is dedicated to all cancer survivors, their loved ones, and the professionals who care for them. I hope our guide will be a valuable resource for you.

I would like to thank Margaret Landvatter, Meredith Rae Nelson, Heather Harcourt, and Jeanne Truxal at Huntsman Cancer Institute for all of their assistance in updating, editing, and printing this edition of the ***Cancer Resource Guide***. I would also like to thank the numerous support groups, organizations, and individuals who have contributed their time and information to our guide. Finally, a special thanks to the Utah Cancer Action Network for their continued collaboration and assistance in publishing this year's edition.

Sincerely,

Lara Niederhauser
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